

发展中社区的健康教育项目 (最重要的知识)



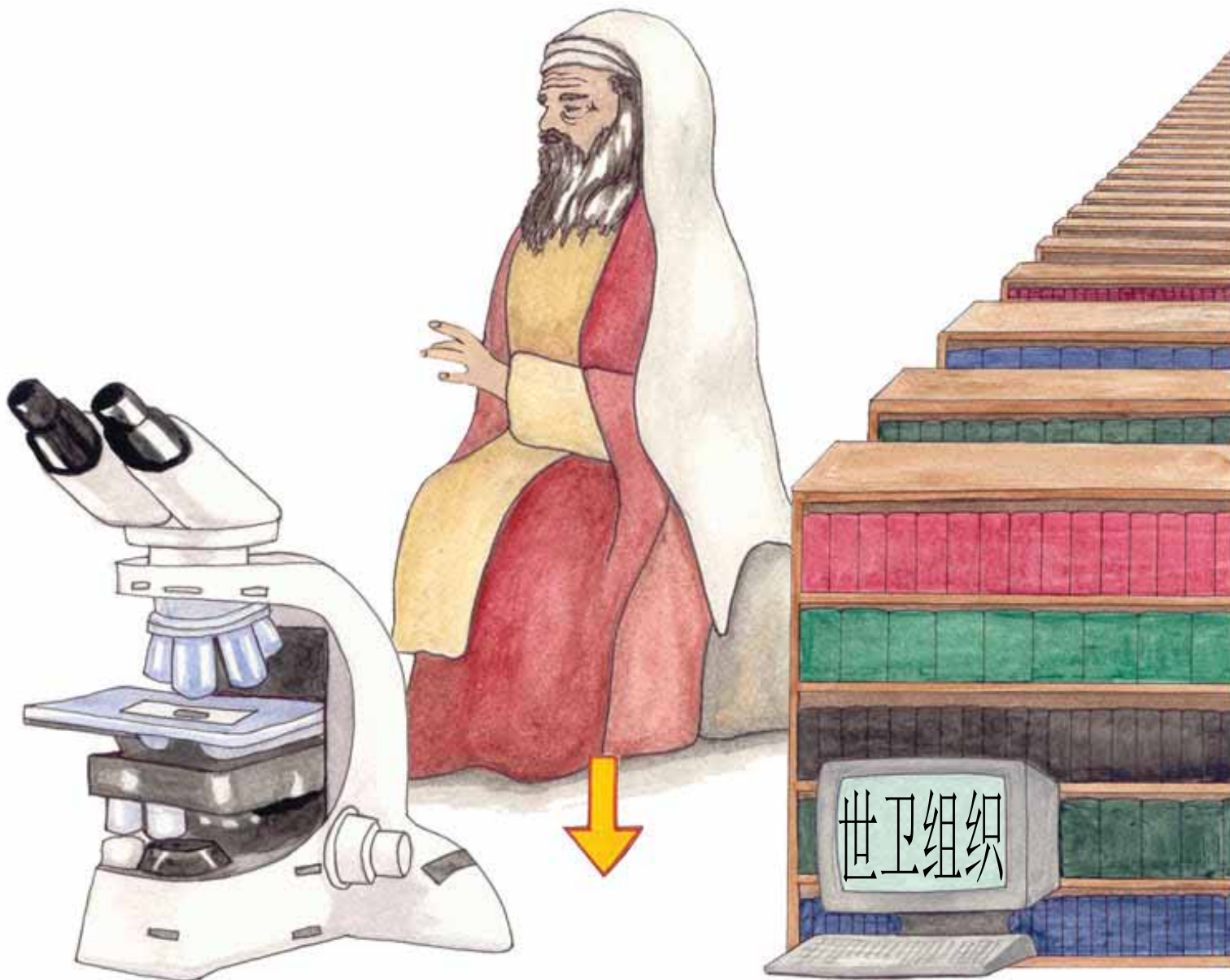
第一部分：手册

已翻译成英语，法语，老挝语，印度尼西亚，柬埔寨语，
汉语，俄语和西班牙语（其他语言即将出炉）


本资料可用于非盈利性健康教育，
可在 www.hepfdc.org 网站免费下载

插图
A4纸尺寸（也可用于手机，电脑或投影）
2023版

1. 引言
2. 最重要的知识（A 和 B）
3. 预防死亡与疾病（A、B 和 C）
4. 艾滋病病毒与艾滋病
5. 预防艾滋病病毒与艾滋病
6. 安全饮水
7. 安全炉灶
8. 洗手（A 和 B）
9. 排泄物的不当处理
10. 排泄物的正确处理
11. 苍蝇是疾病的传媒
12. 昆虫与鼠类的控制
13. 蚊子的防控
14. 菜园
15. 寄生虫病的防治（A 和 B）
16. 血吸虫病
17. 食物的正确准备（A 和 B）
18. 母乳喂养
19. 人工喂养
20. 母乳喂养的要点
21. 腹泻
22. 如何调配 ORS（口服补液盐）
23. 腹泻的家庭疗法—液体与食物的补充
24. 腹泻何时当就医
25. 脱水的症状
26. ORS（口服补液盐）防止脱水
27. ORS（口服补液盐）治疗脱水
28. 服用药物
29. 预防呼吸系统感染
30. 呼吸系统感染的护理（A 和 B）
31. 疼痛与高烧的治疗
32. 病人当何时就医
33. 肺结核
34. 疥疮
35. 卫生保健
36. 成人口腔卫生
37. 儿童口腔卫生
38. 营养—合理膳食（A 和 B）
39. 运动
40. 骨质疏松症
41. 心脏病、中风、糖尿病、癌症、痴呆和其他非传染性疾病（A 和 B）
42. 胃酸倒流症
43. 背痛（A、B 和 C）
44. 避免婴幼儿意外事件
45. 溺水、跌落、交通事故
46. 狂犬病、室内烟雾
47. 急救
48. 窒息急救：腹推式（海姆利克氏急救法）
49. 从灾难及其它创伤中恢复
50. 总结—最重要的知识



发展中社区的健康教育项目
(最重要的知识)



手册和插图

已翻译成英语、法语、老挝语、柬埔寨语、
汉语、俄语和西班牙语 (其他语言即将出炉)
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A central poster with a black border. At the top, it has the title '发展中社区的健康教育项目 (最重要的知识)' in blue. Below the title is a colorful illustration of a diverse group of people of various ages and ethnicities. Underneath the illustration is the text '手册和插图'. At the bottom, there is smaller text in Chinese providing translation information and a website link.

2A. 最重要的知识



2B. 最重要的知识

三件事



据世界卫生组织报导称

你只需做三件事，即可预防至少
80% 早发性心脏病（第一大死因）

80% 中风（第三大死因）

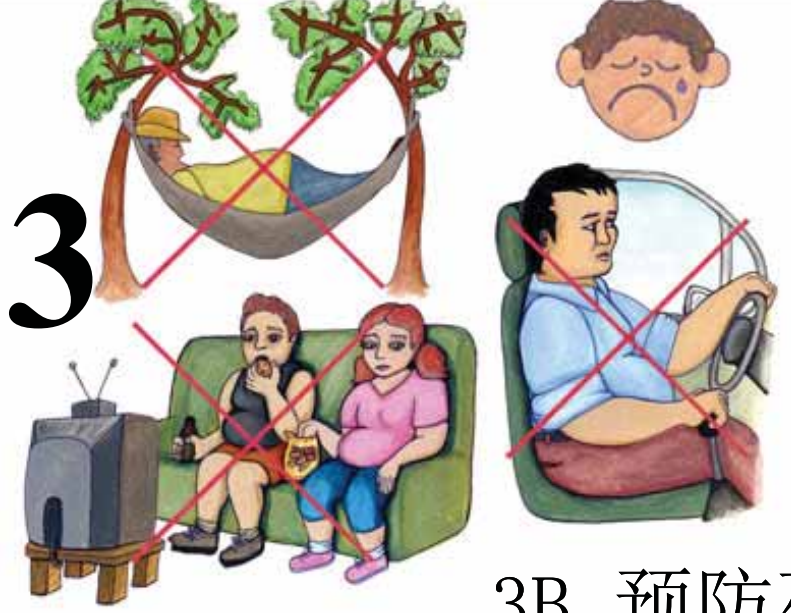
80% 糖尿病（第六大死因）

40% 癌症（第二大死因）

以及多种其他疾病

我们去医院、诊所，找医生护士
看病、吃药、做手术，以上一切都
没有这三件事重要。

3A. 预防死亡及疾病

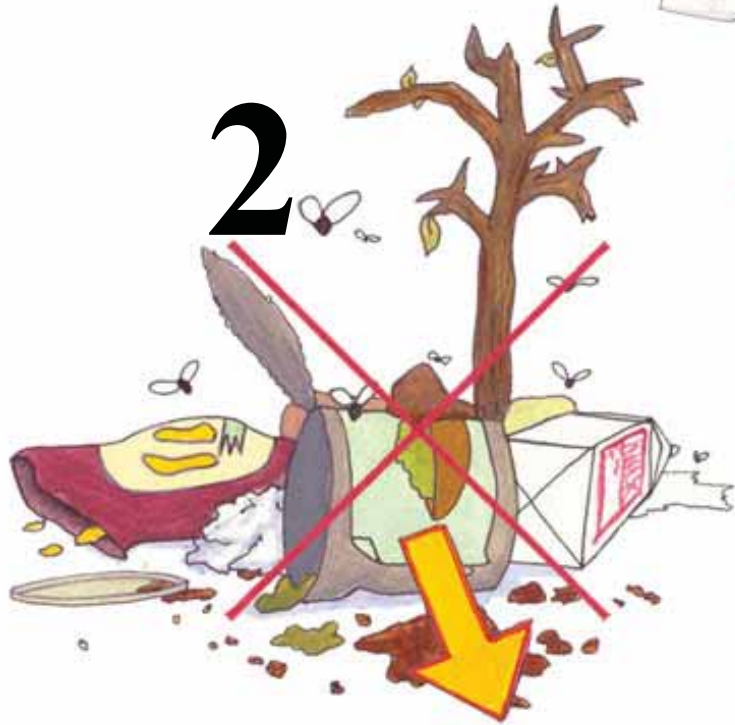


3B. 预防死亡与疾病

1



2



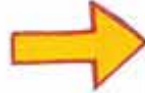
3



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3C. 预防死亡与疾病

HIV=艾滋病病毒

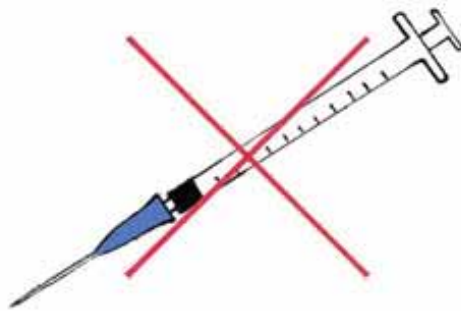


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17,000,000

37,000,000,000

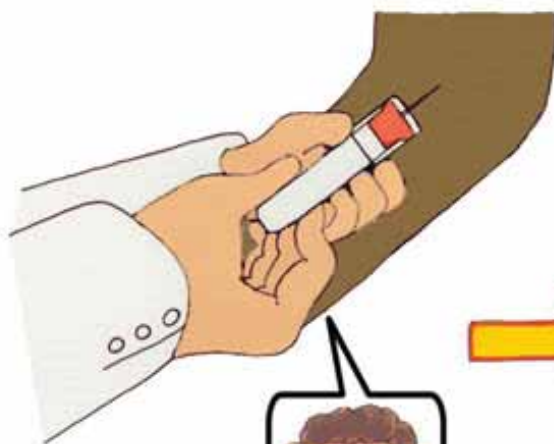
4. 艾滋病病毒与艾滋病



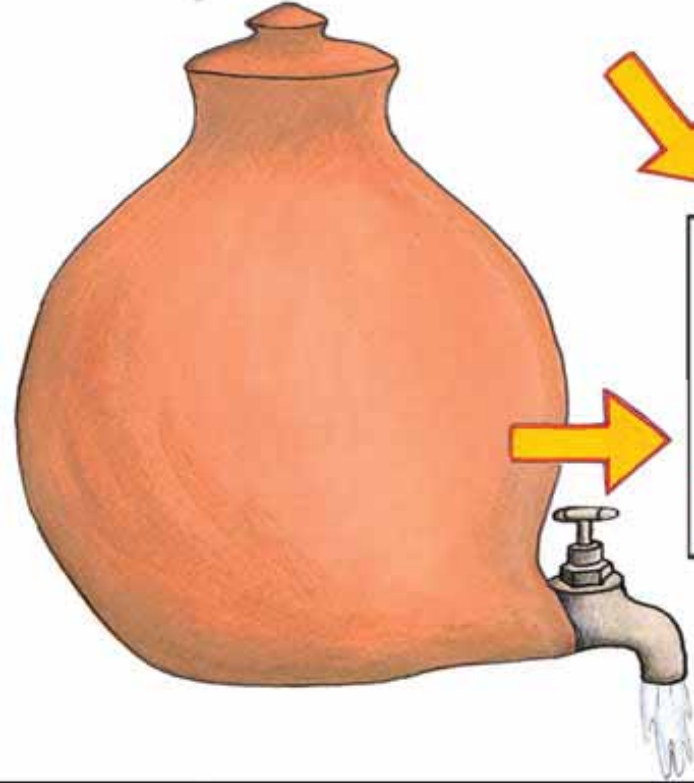
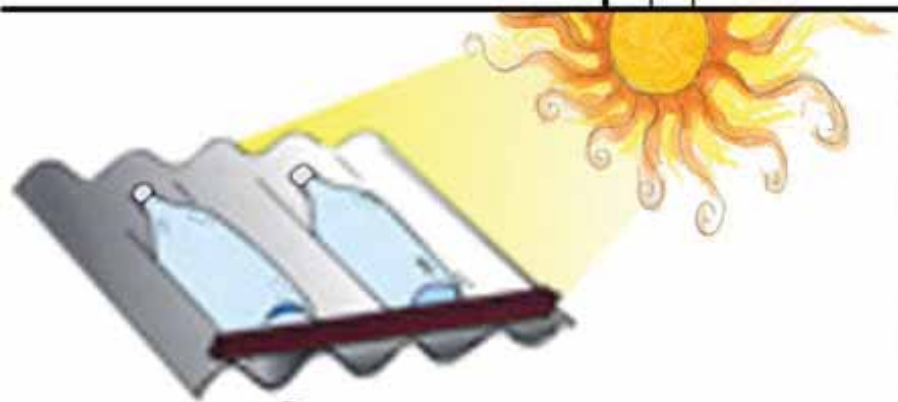
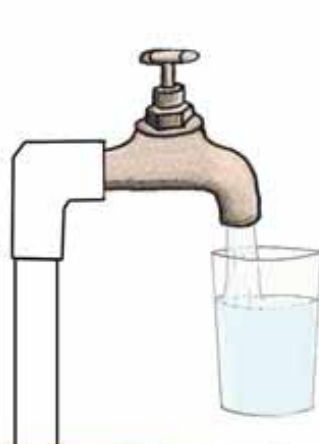
2003

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HIV=艾滋病病毒

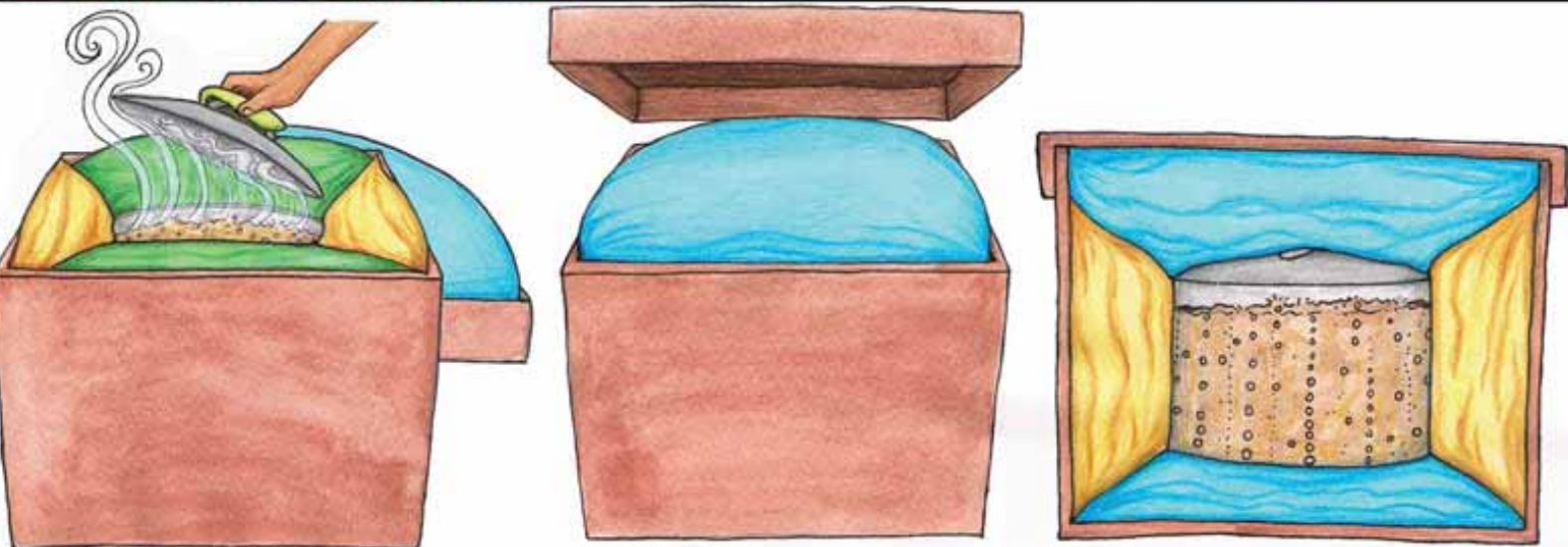


5. 预防艾滋病病毒与艾滋病



ORS =
口服补液

6. 安全饮水



7. 安全炉灶



8A. 洗手



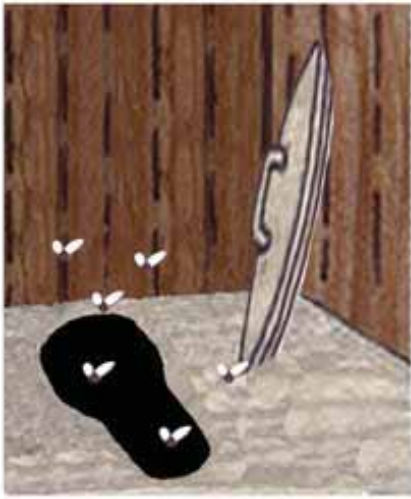
8B. 何时必须洗手？



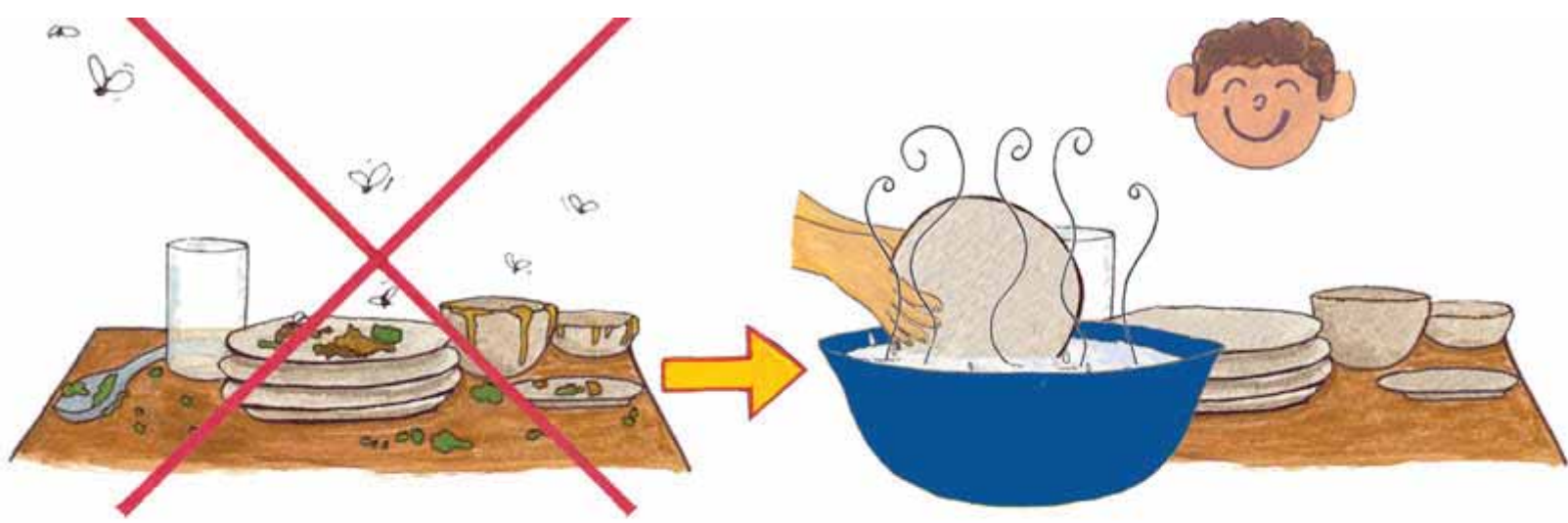
9. 排泄物的不当处理



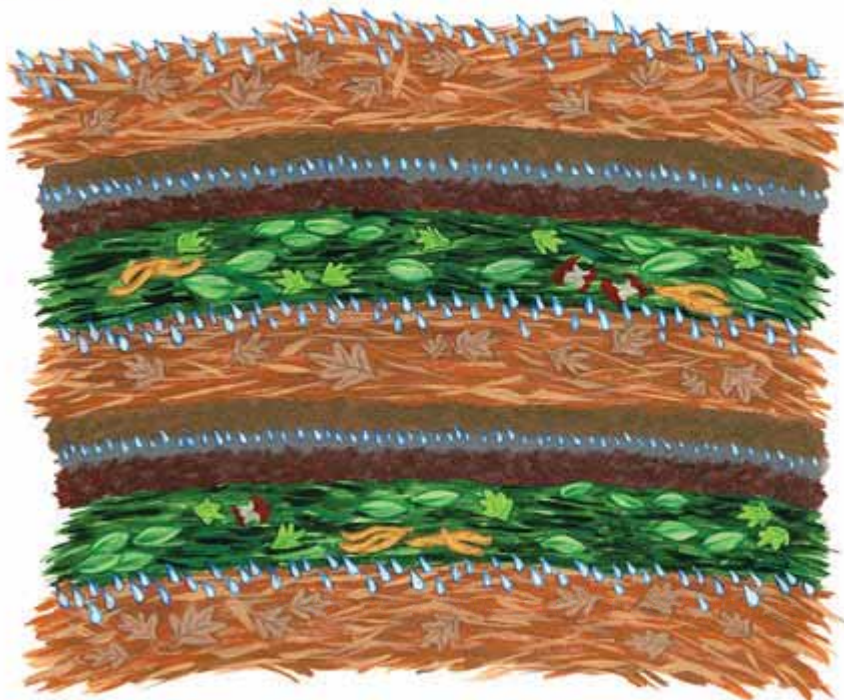
10. 排泄物的正确处理



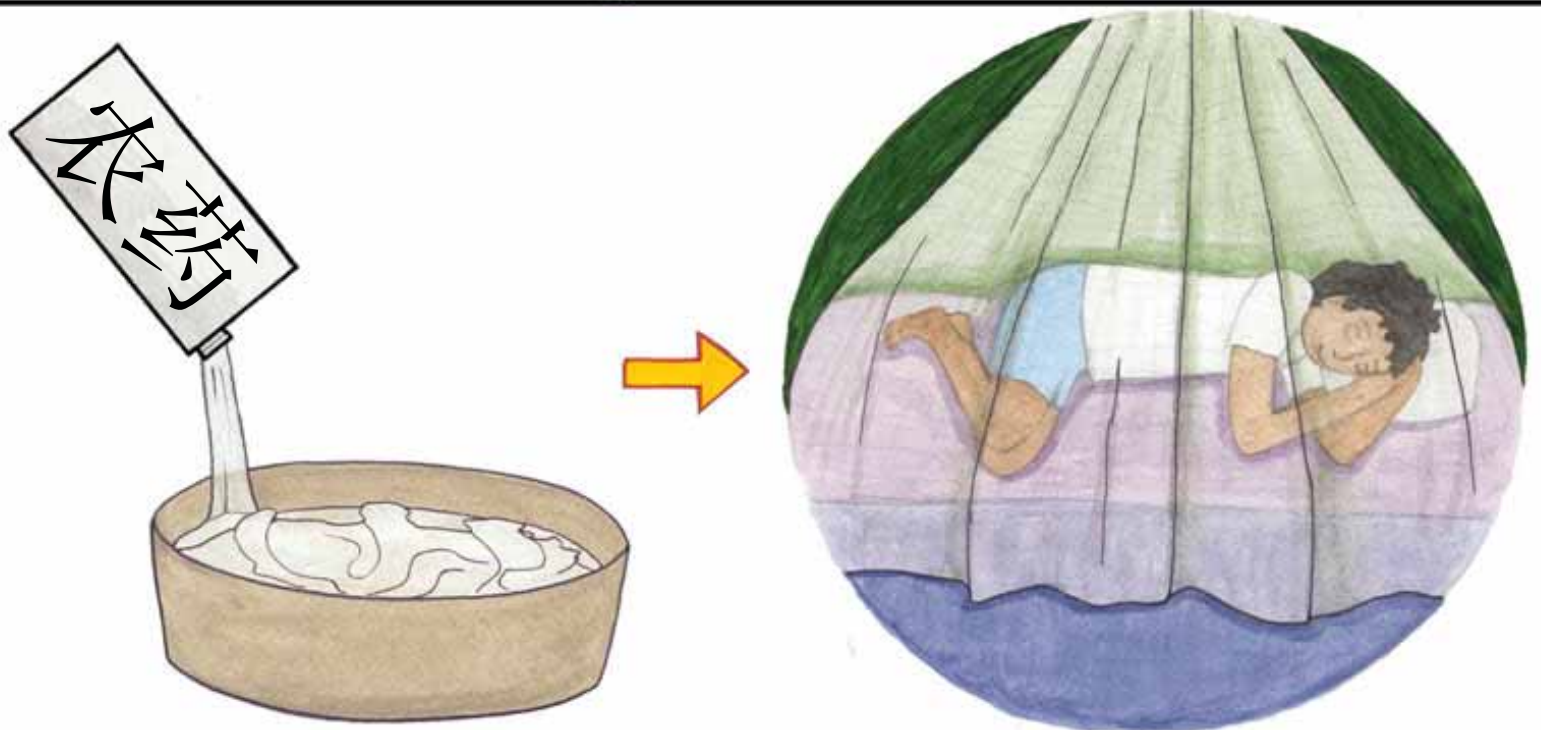
11. 苍蝇是疾病的传媒



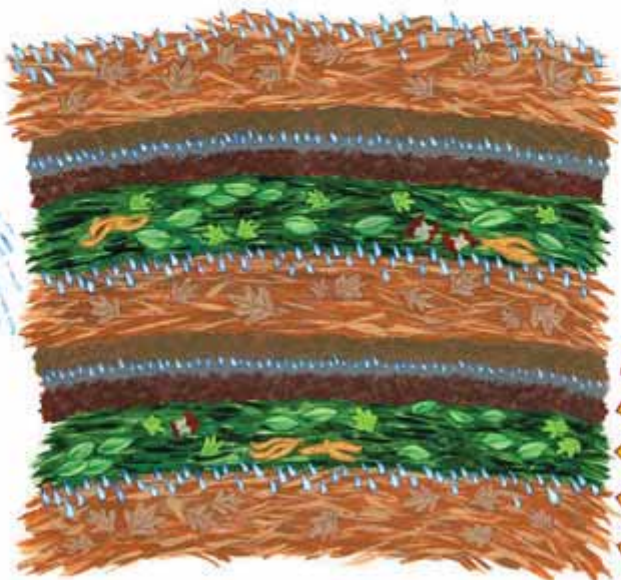
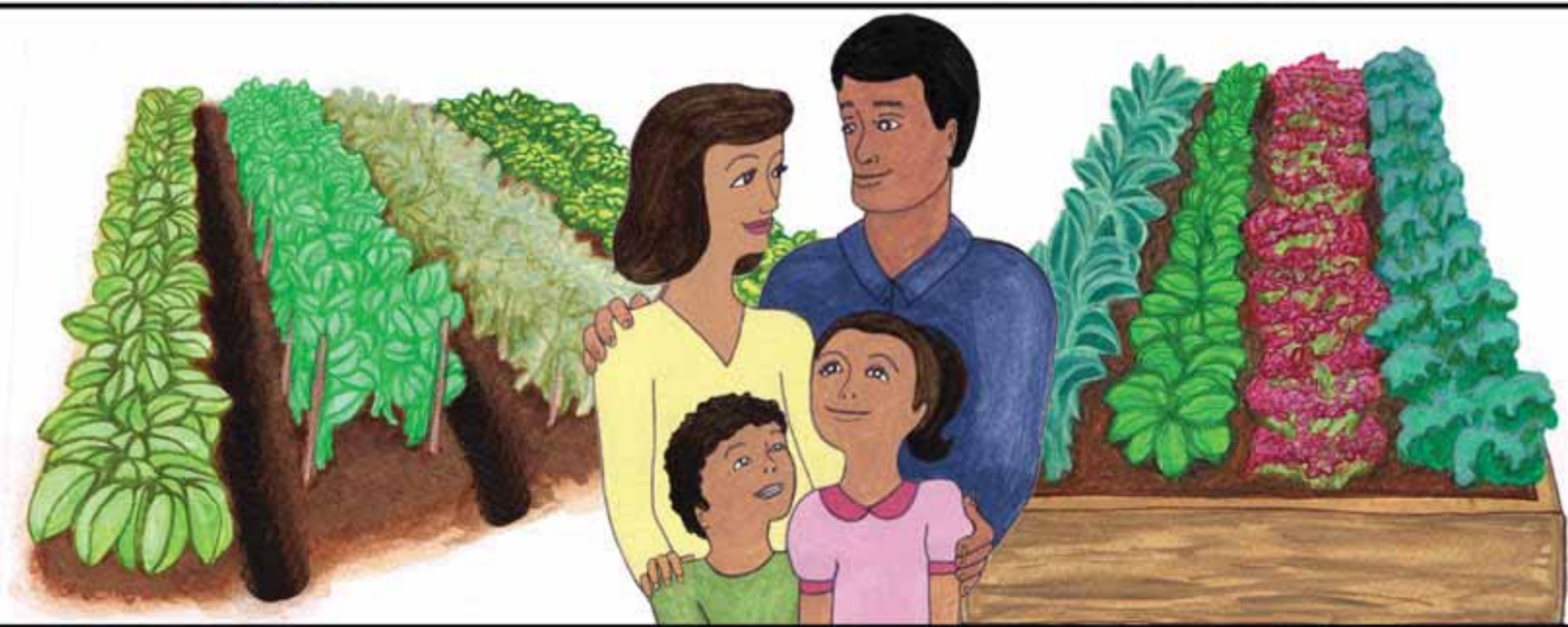
回收利用



12. 昆虫与鼠类的控制

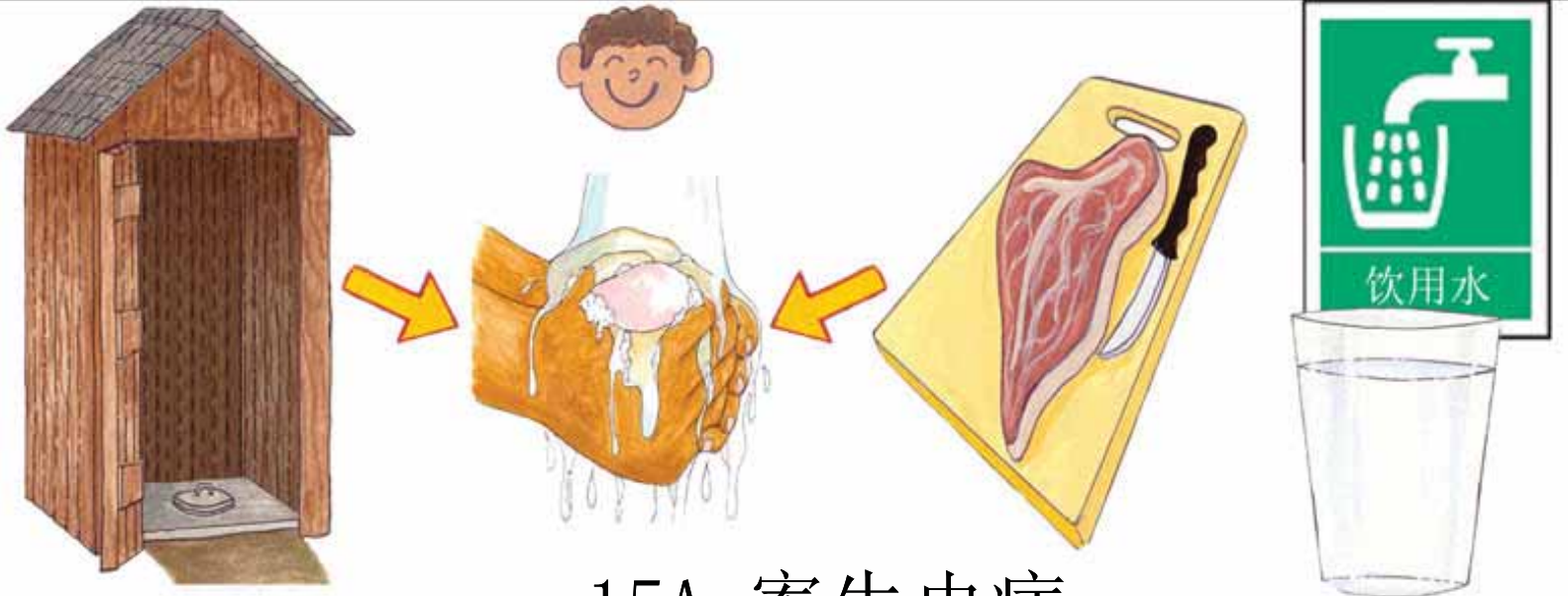


13. 蚊子的防控

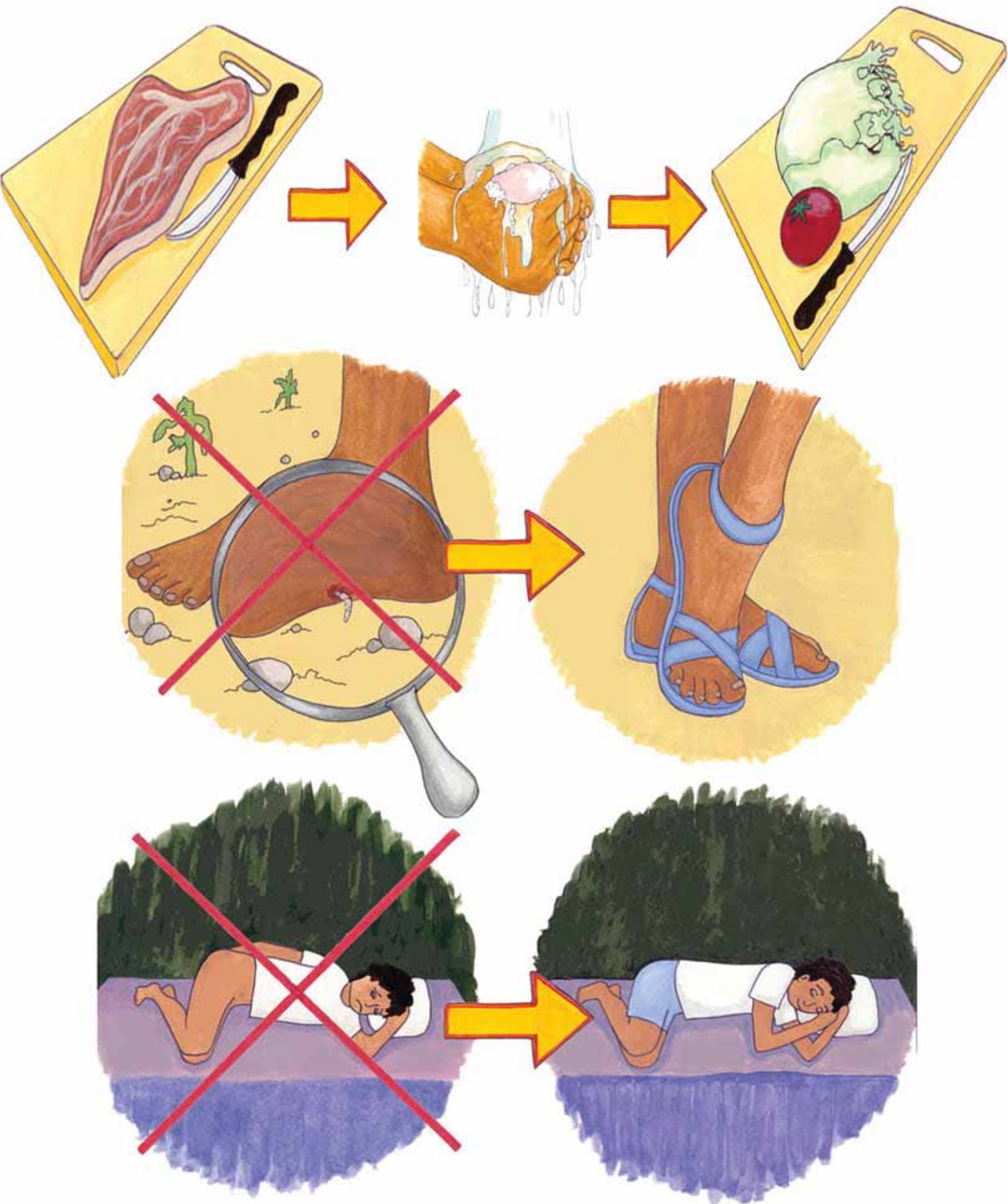


5. 肥料
4. 灰+水
3. 土地/土壤
2. 植物
1. 棕色+水

14. 菜园



15A. 寄生虫病



15B. 寄生虫病的防治（续）

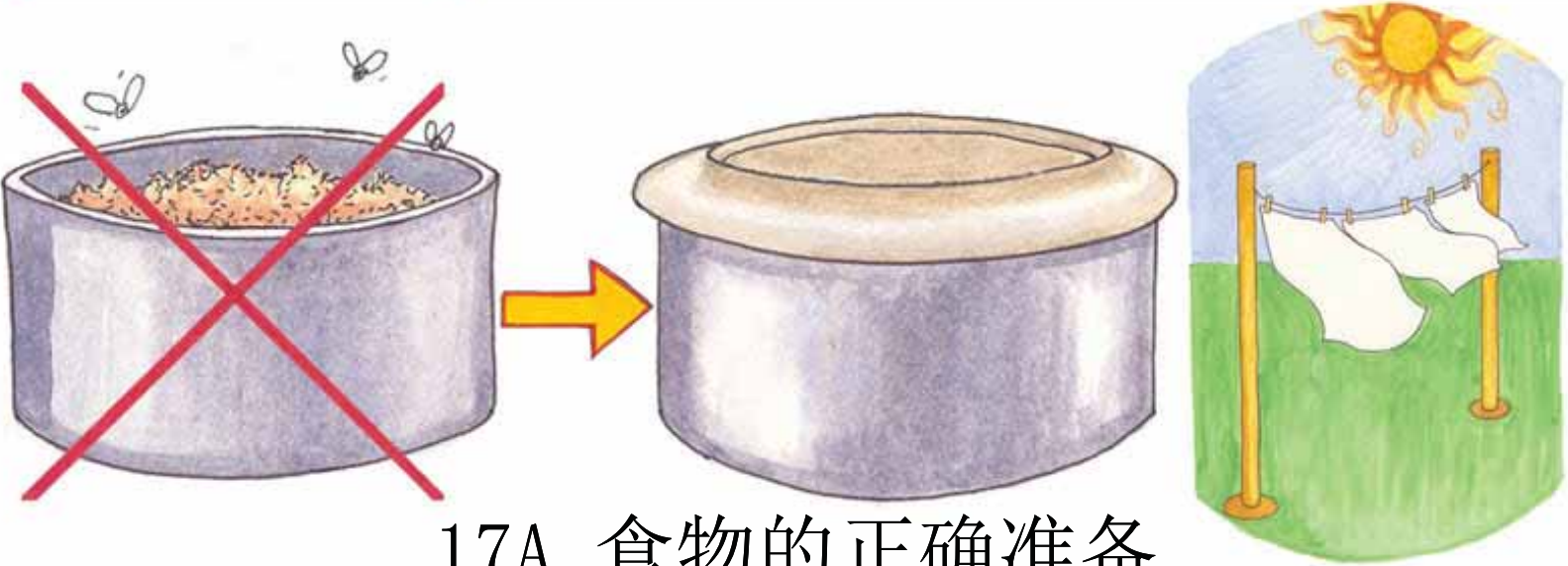
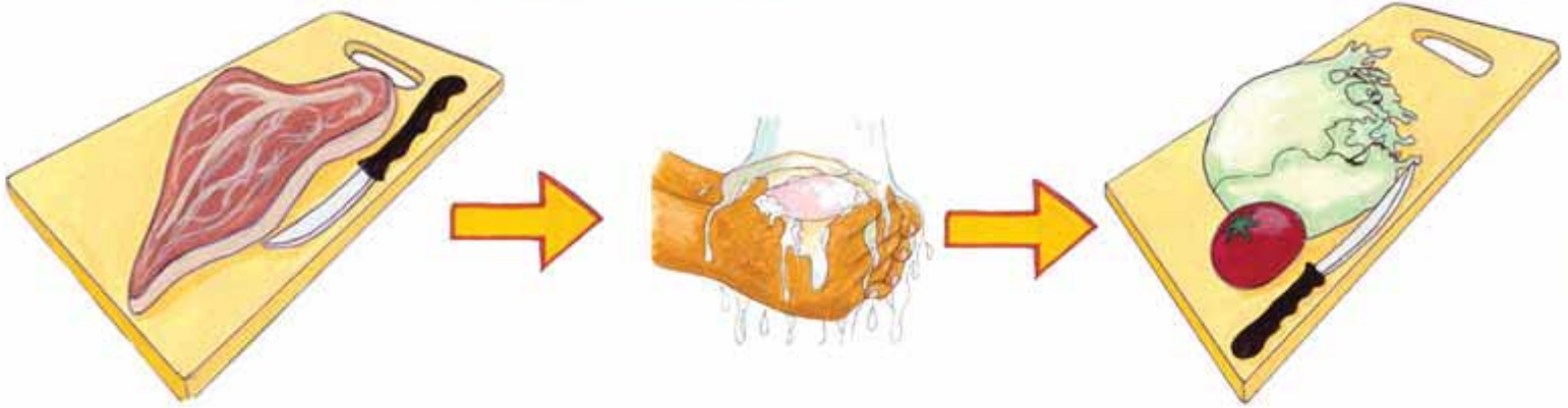


16. 血吸虫病（依地区选择使用）



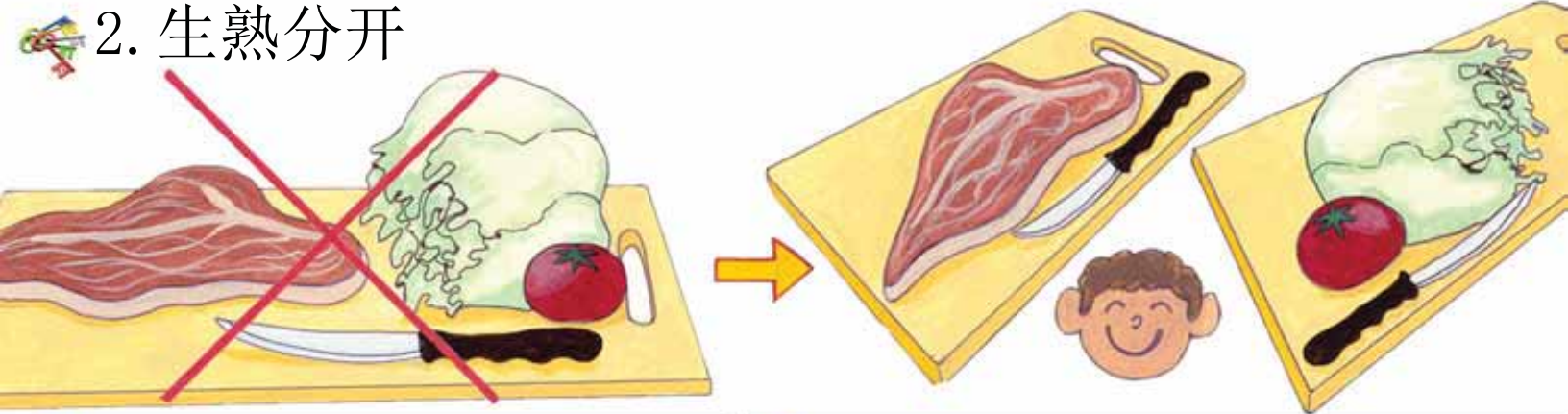
世界卫生组织食品安全的五大要点

1. 保持清洁

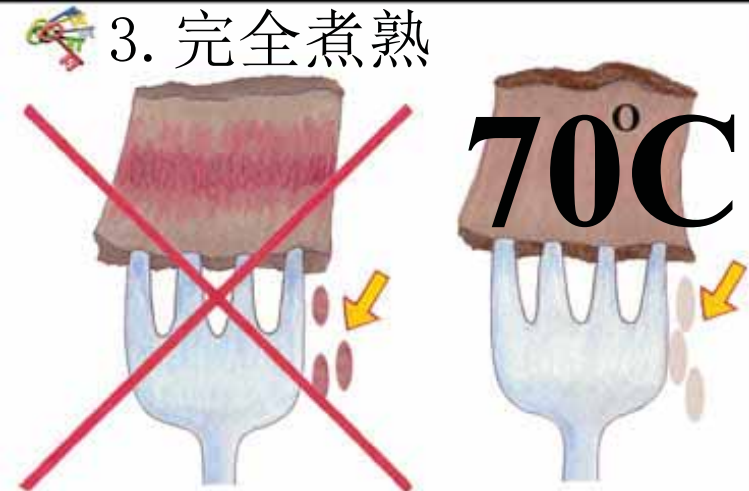


17A. 食物的正确准备

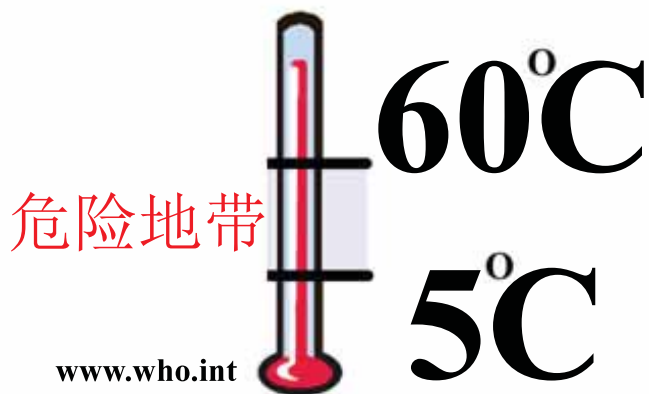
2. 生熟分开



3. 完全煮熟



4. 食物要保存在安全温度下



5. 确保水和食物原材料安全



17B. 食物的正确准备 (续)



2003

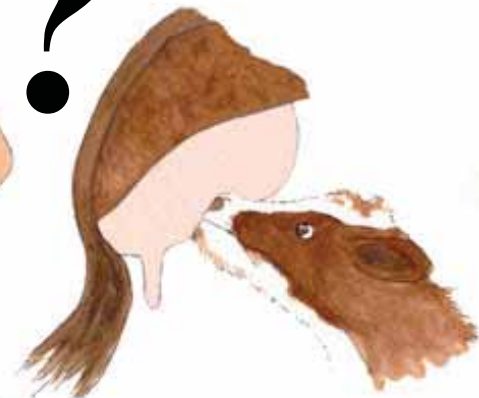
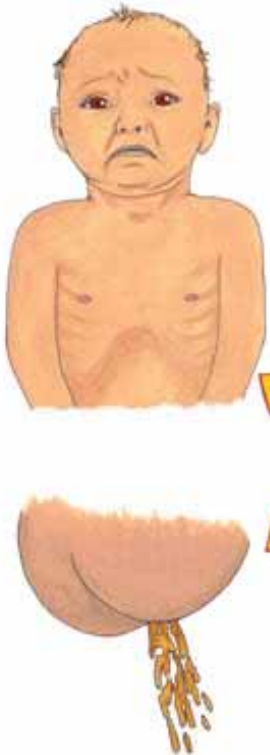
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April	May	June
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July	August	September
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October	November	December
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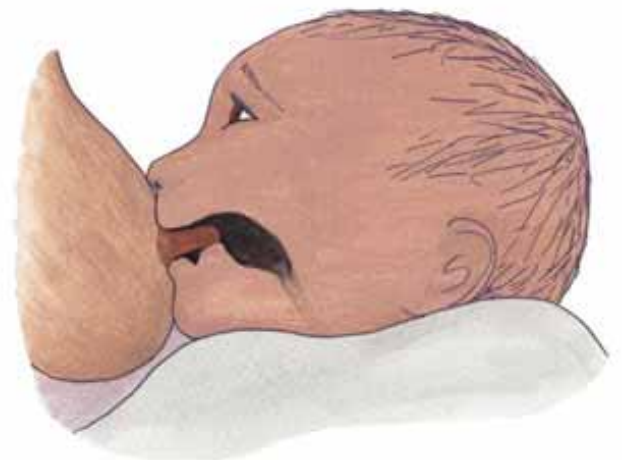
18. 母乳喂养



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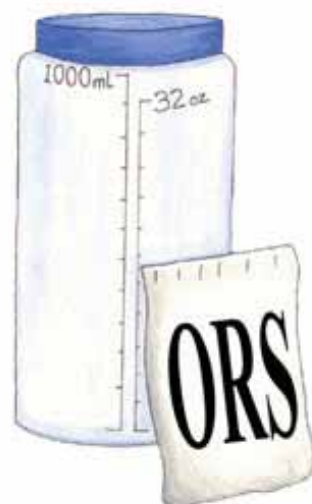
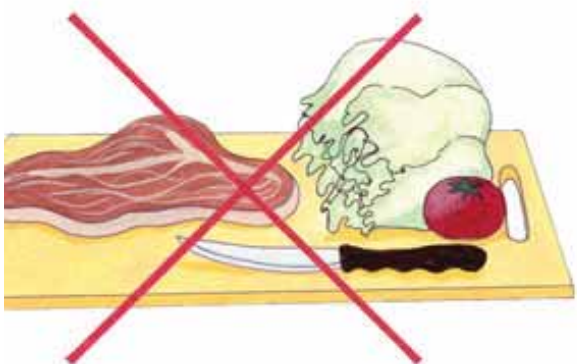
19. 人工喂养



20. 母乳喂养的要点



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ORS =
口服补液

21. 腹泻



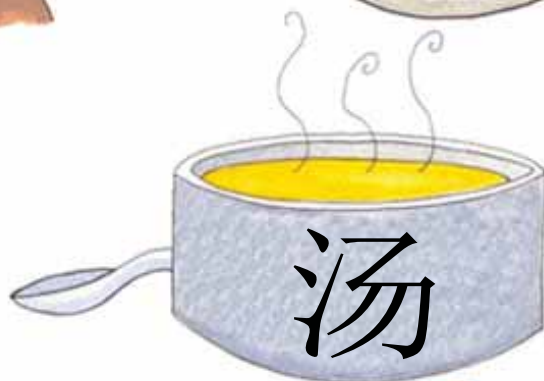
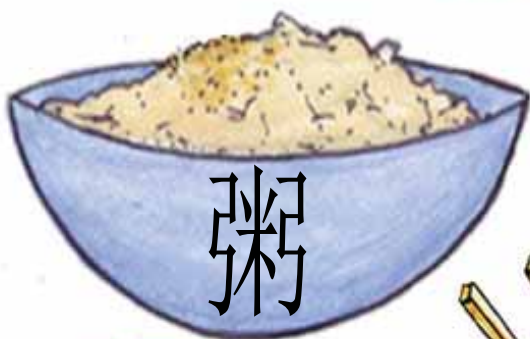
22. 如何调配ORS（口服补液盐）



+



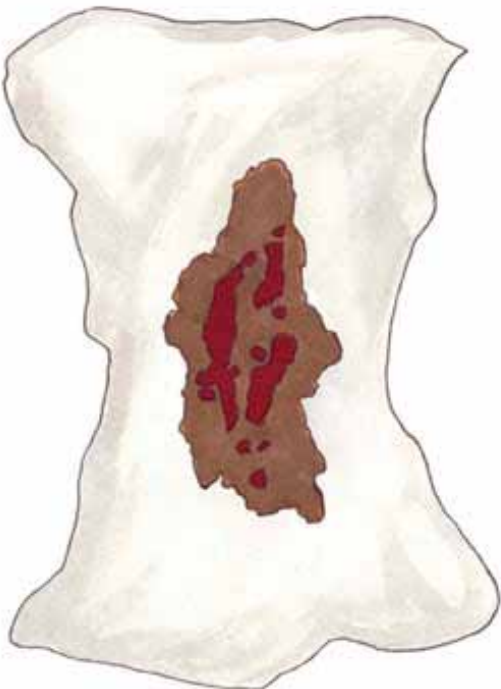
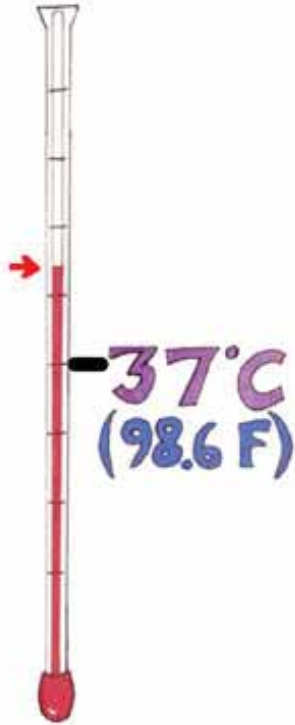
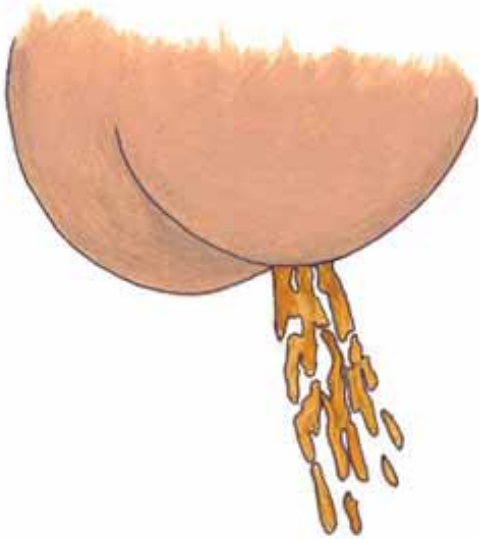
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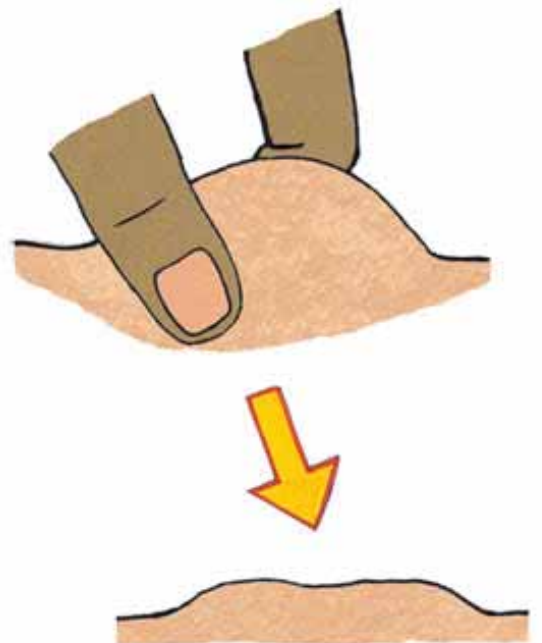
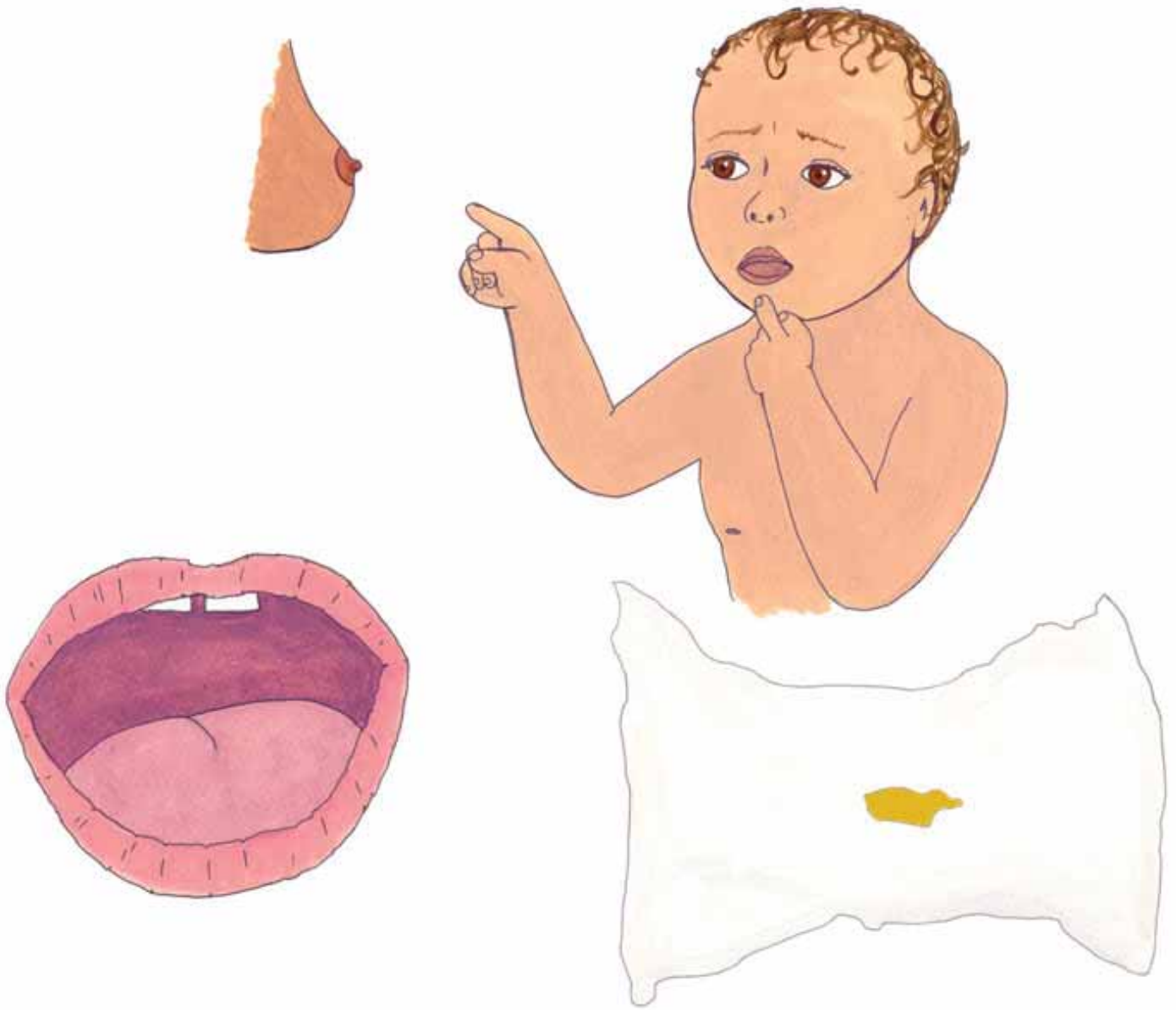
23. 腹泻的家庭疗法—液体与食物的补充



x 3



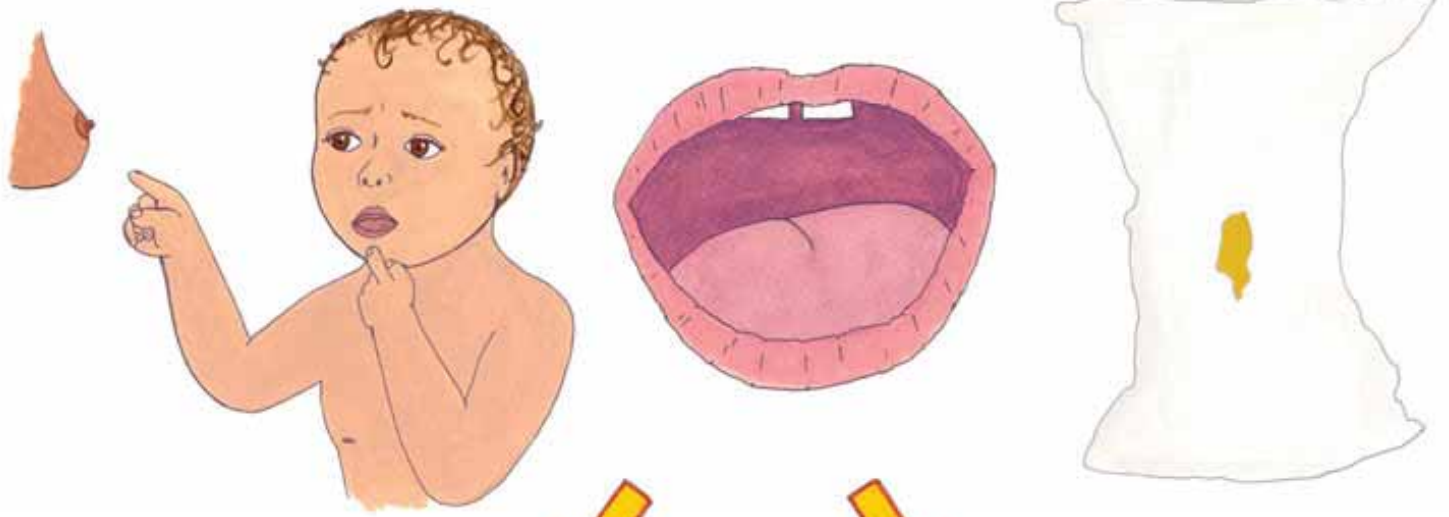
24. 腹泻何时当就医



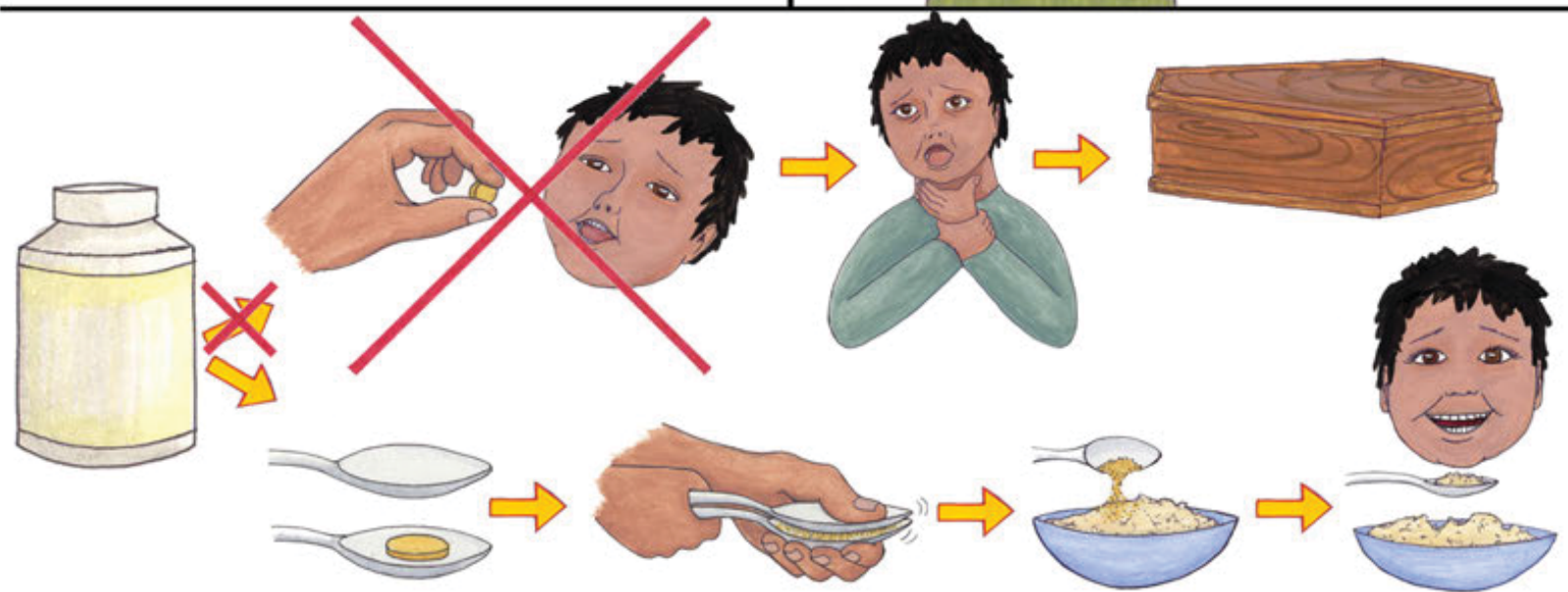
25. 脱水的症状



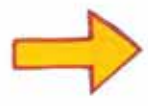
26. 使用ORS（口服补液盐）防止脱水



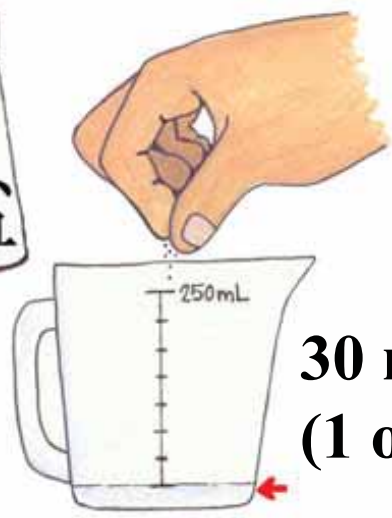
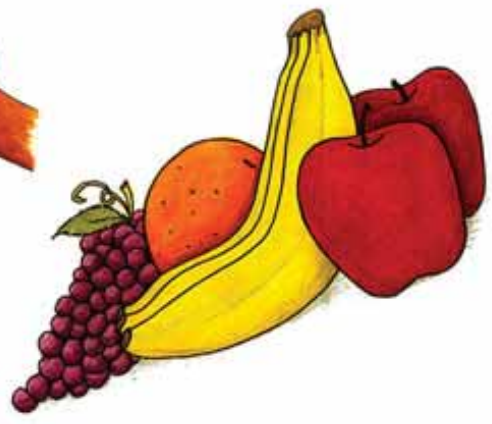
27. ORS (口服补液盐) 治疗脱水



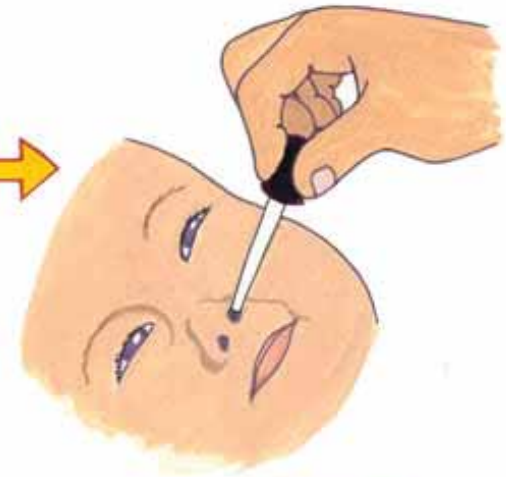
28. 服用药物



29. 预防呼吸系统感染



30 ml
(1 oz)



30A. 呼吸道感染之照顾与医疗



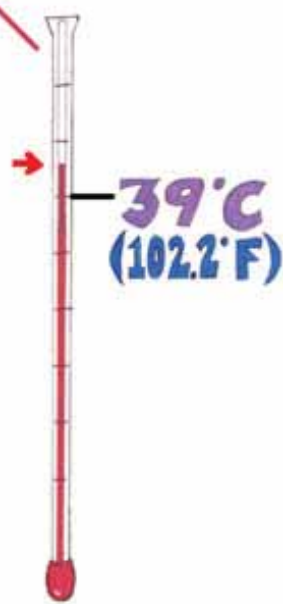
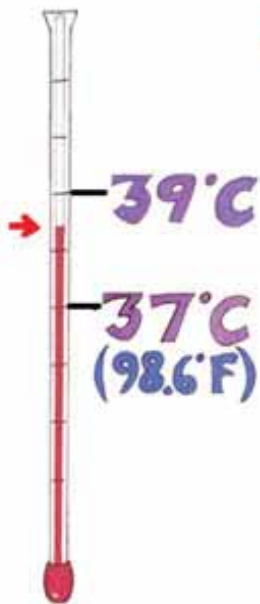
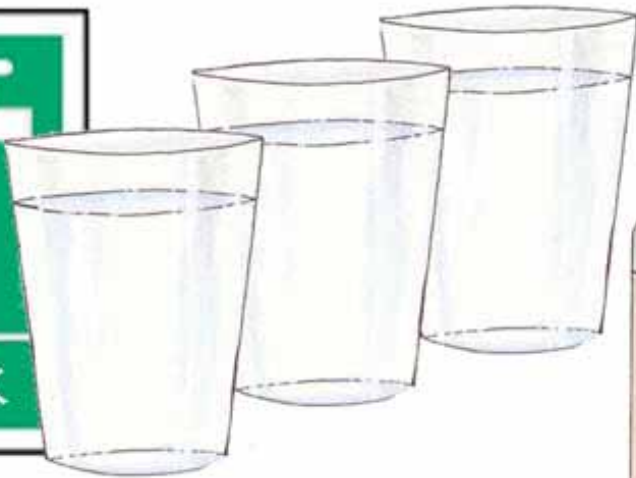
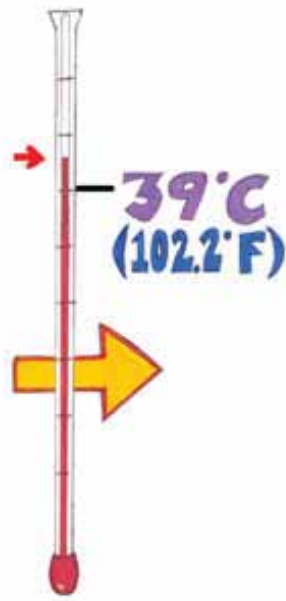
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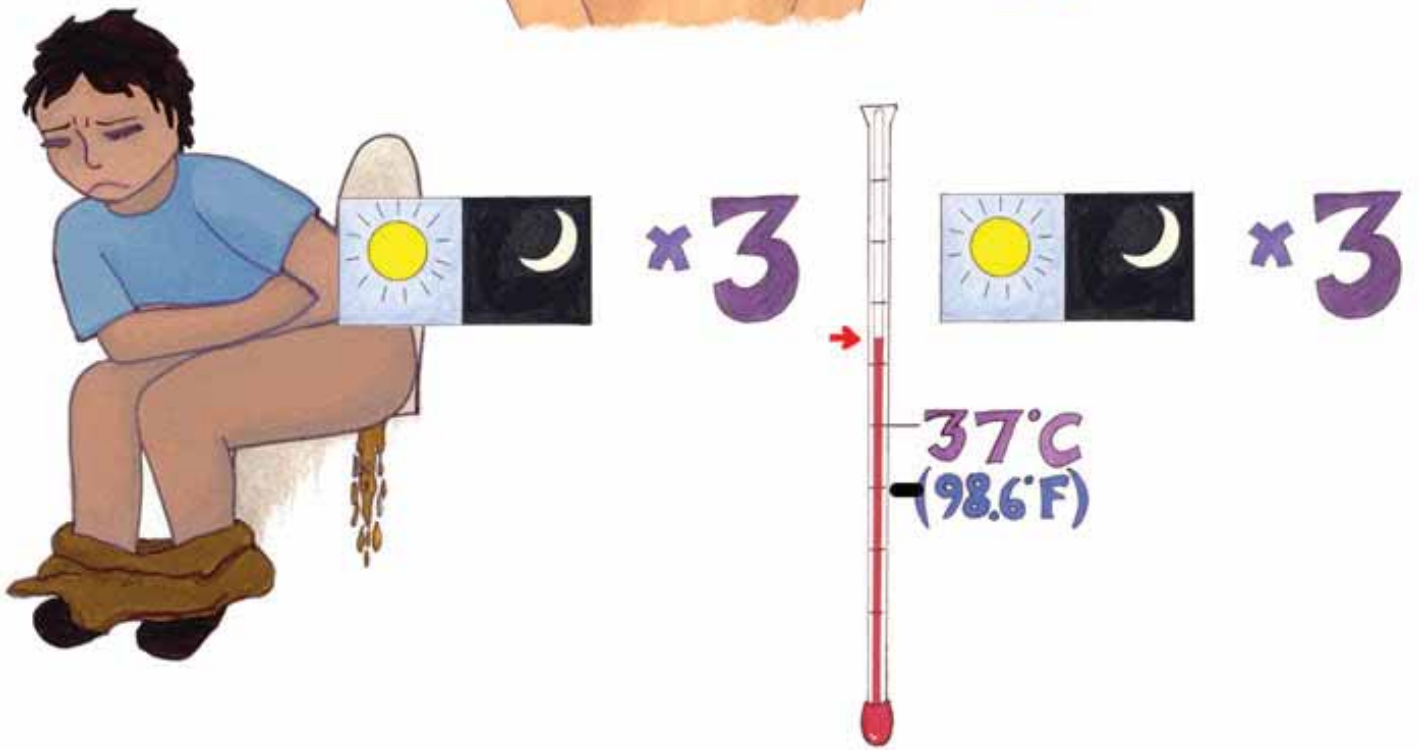
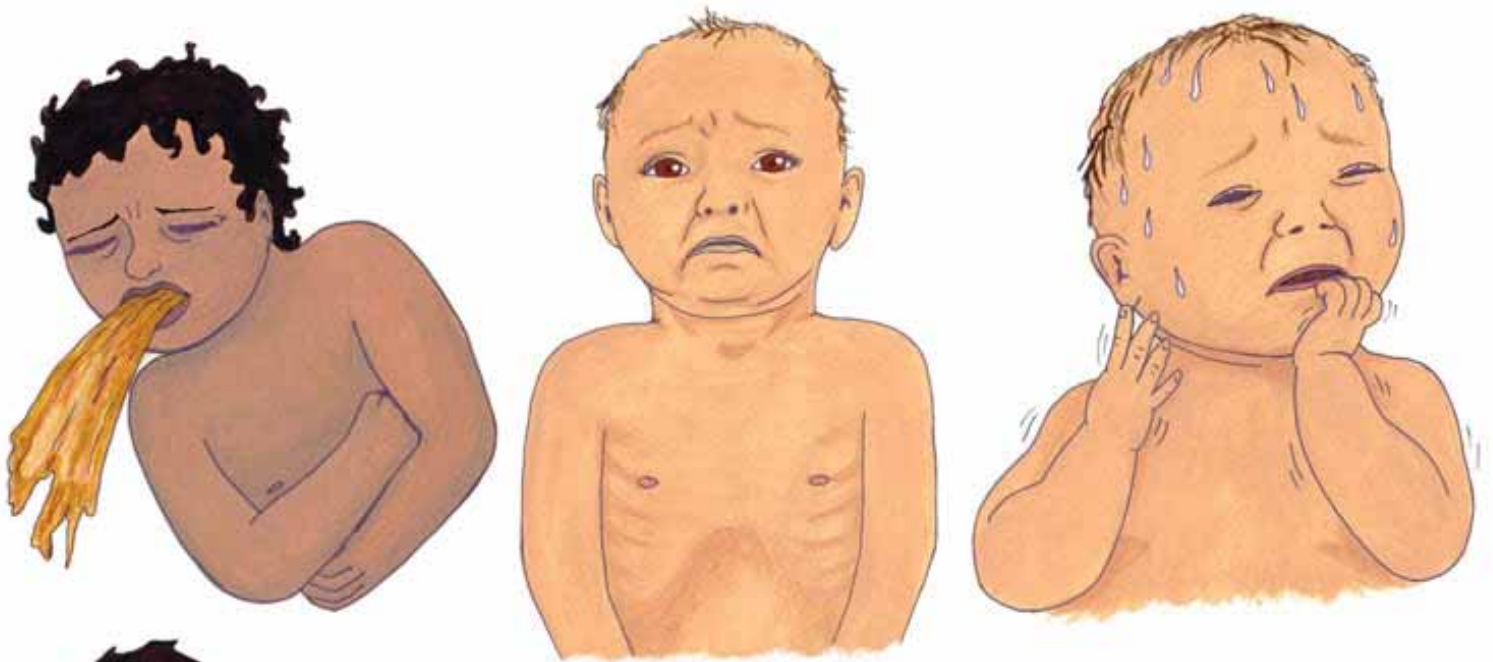
茶



30B. 呼吸道感染的护理（续）



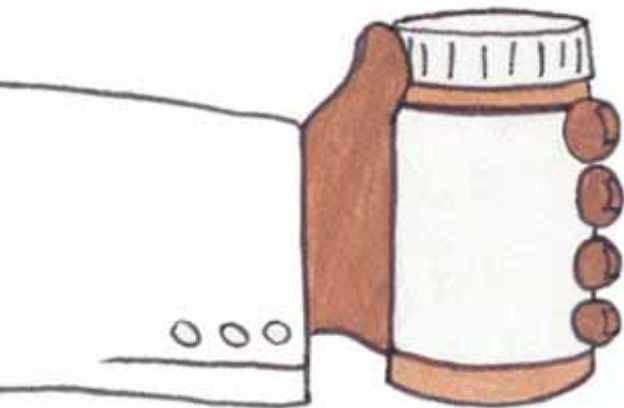
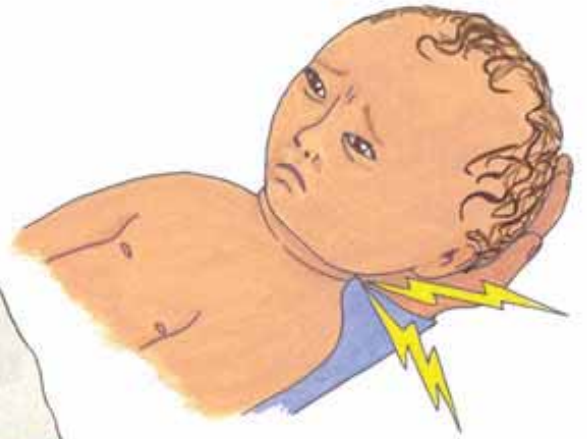
31. 疼痛与发烧的治疗



32. 病人当何时就医



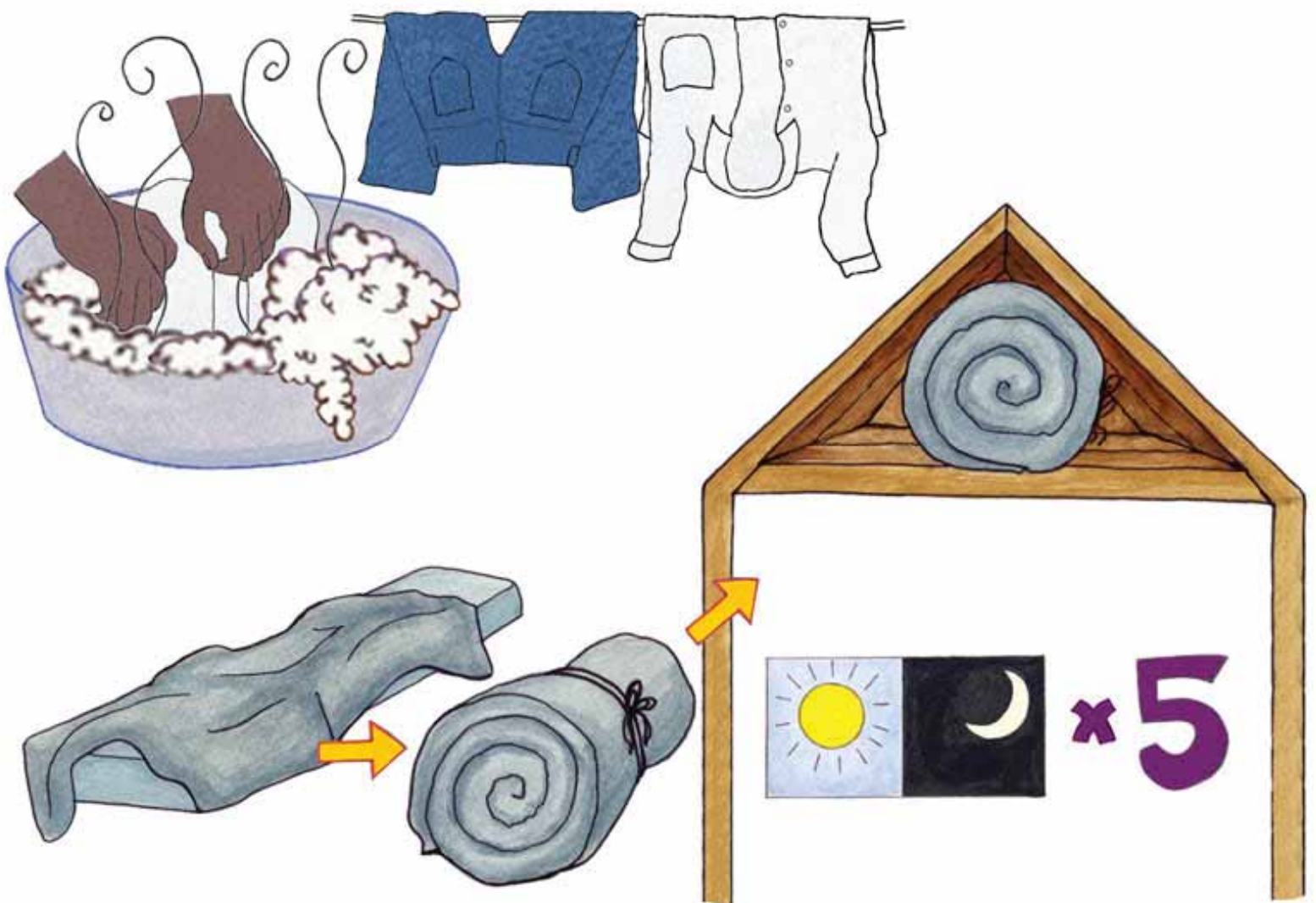
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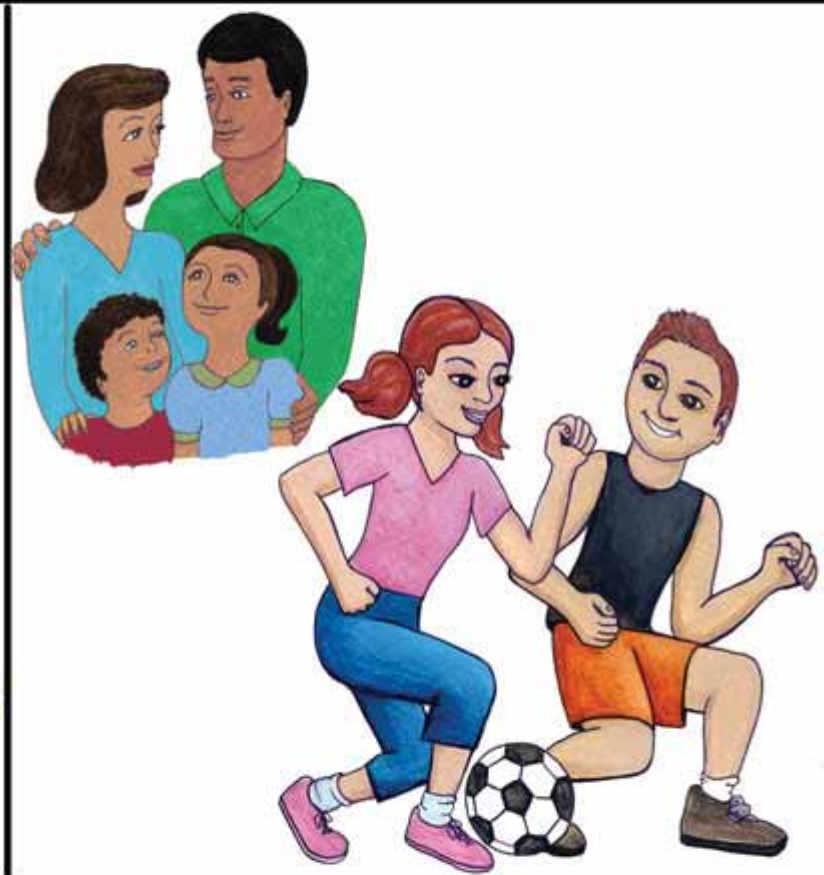
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31									
April										May										June									
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30									
July										August										September									
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30									
October										November										December									
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31										1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31									

肺结核药物

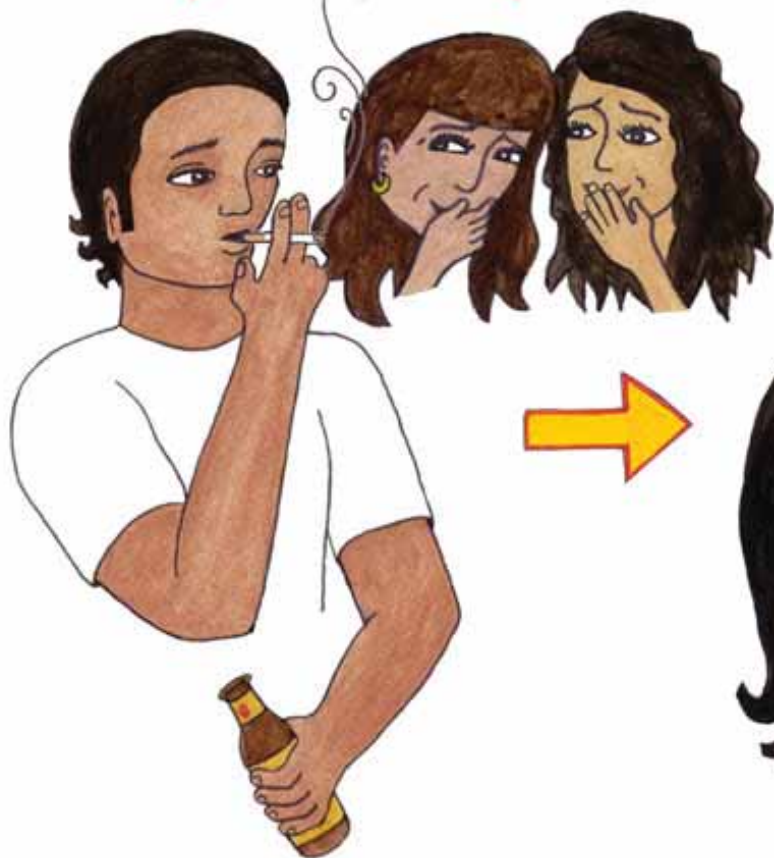
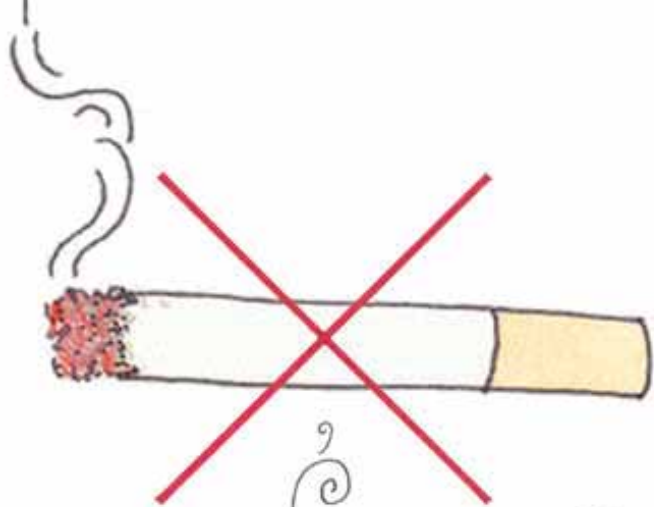
33. 肺结核



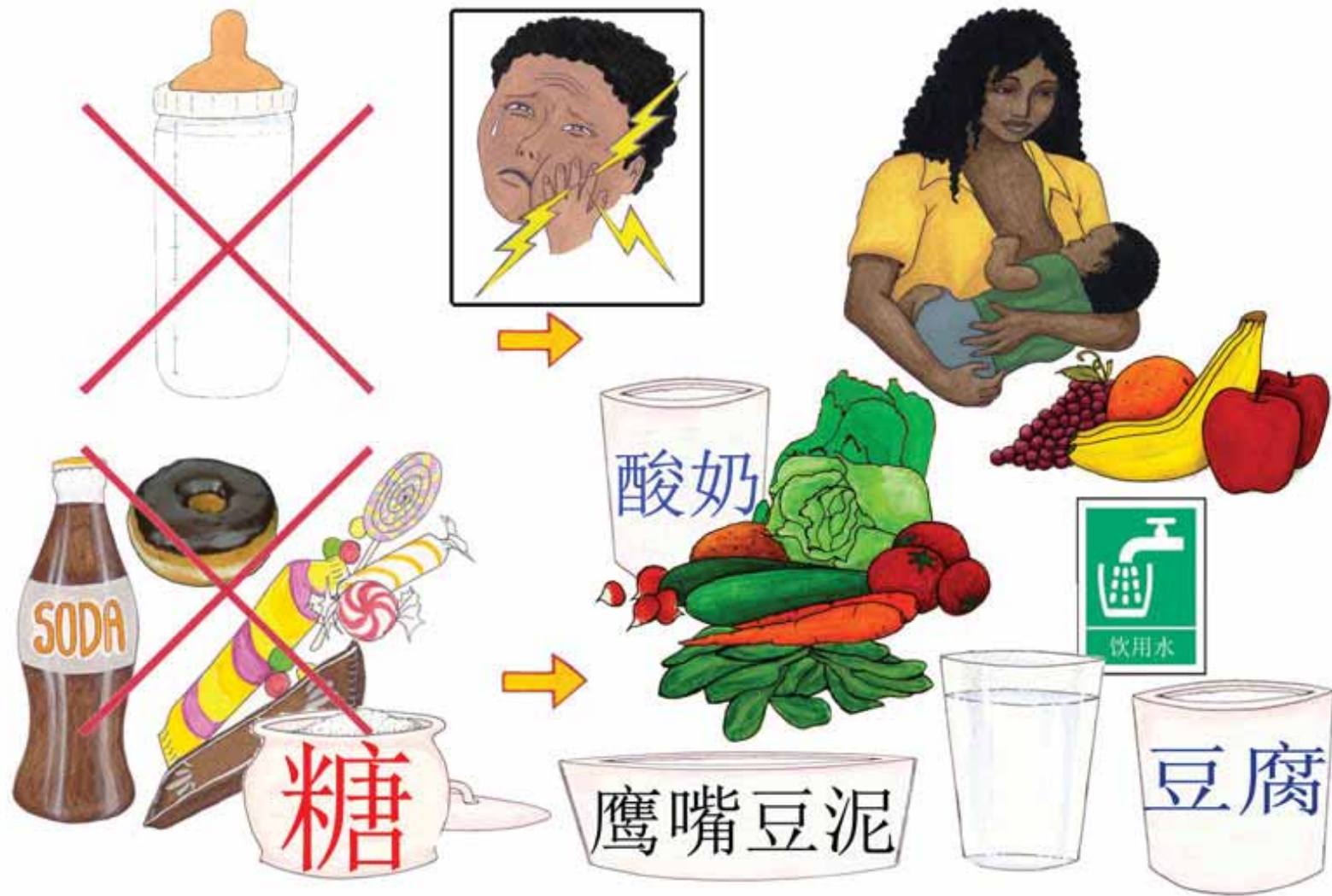
34. 疥疮



35. 卫生保健



36. 成人口腔卫生



37. 儿童口腔卫生



1

盐

2

糖

SODA

4

豆腐

麦片粥

亚麻籽粉

维生素 D B-12

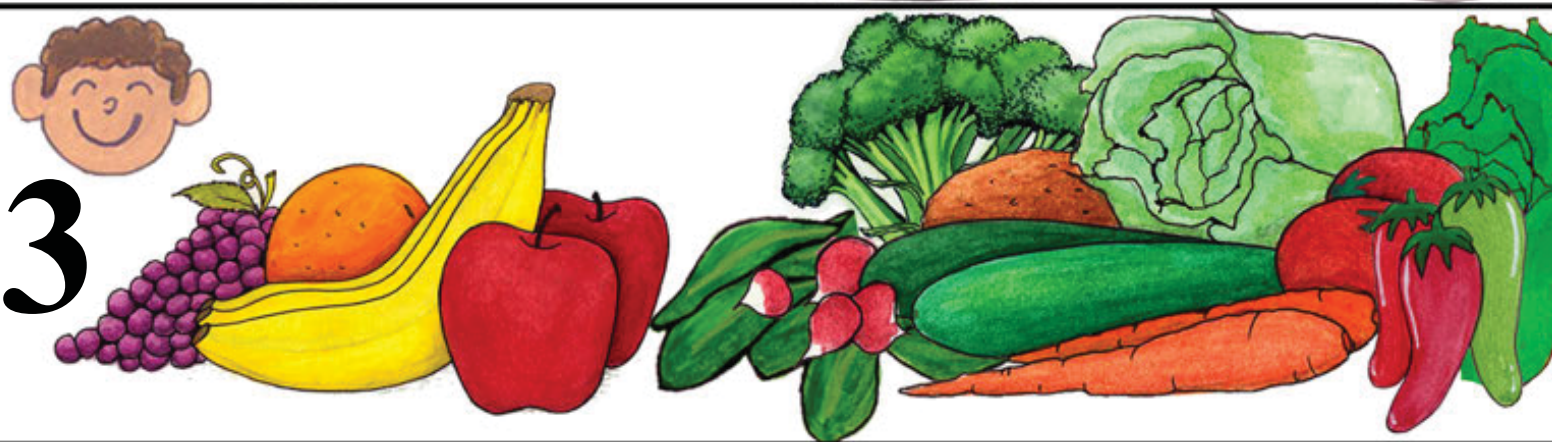
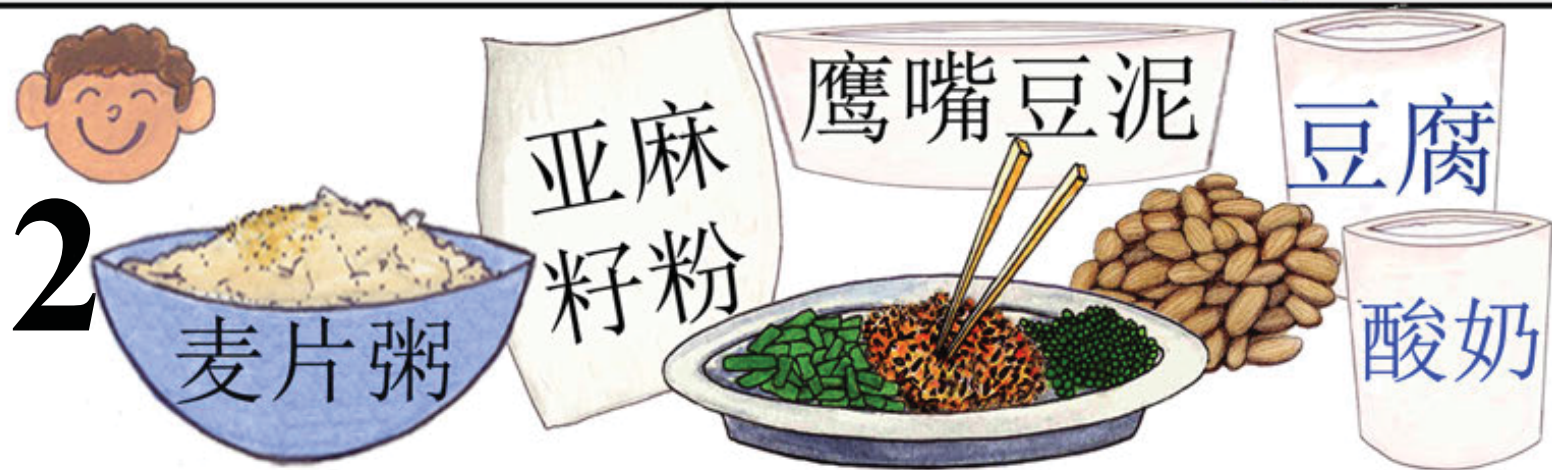
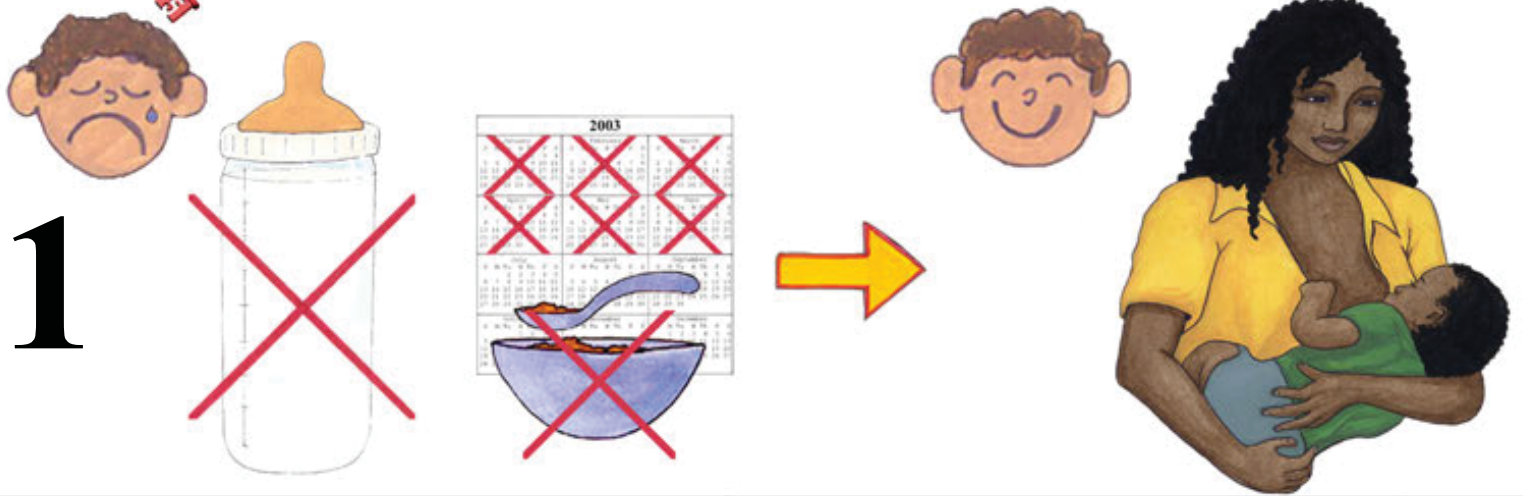
鹰嘴豆泥

酸奶

饮用水

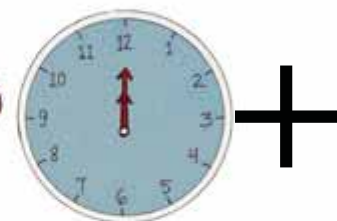
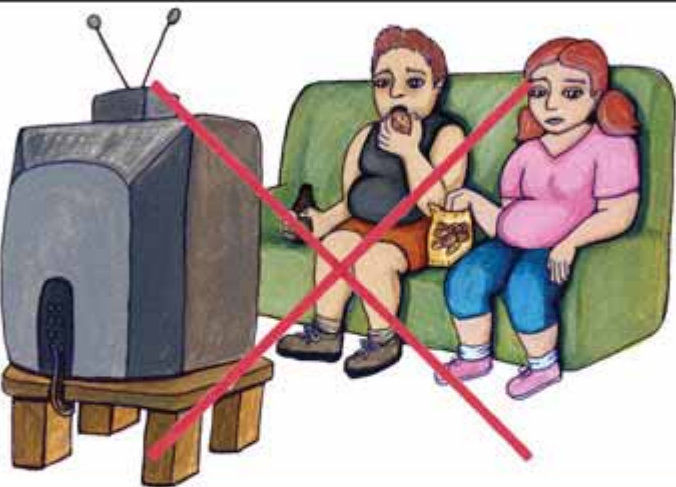
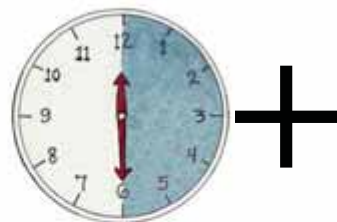
38A. 营养—合理膳食

世界卫生组织健康饮食的五大要点



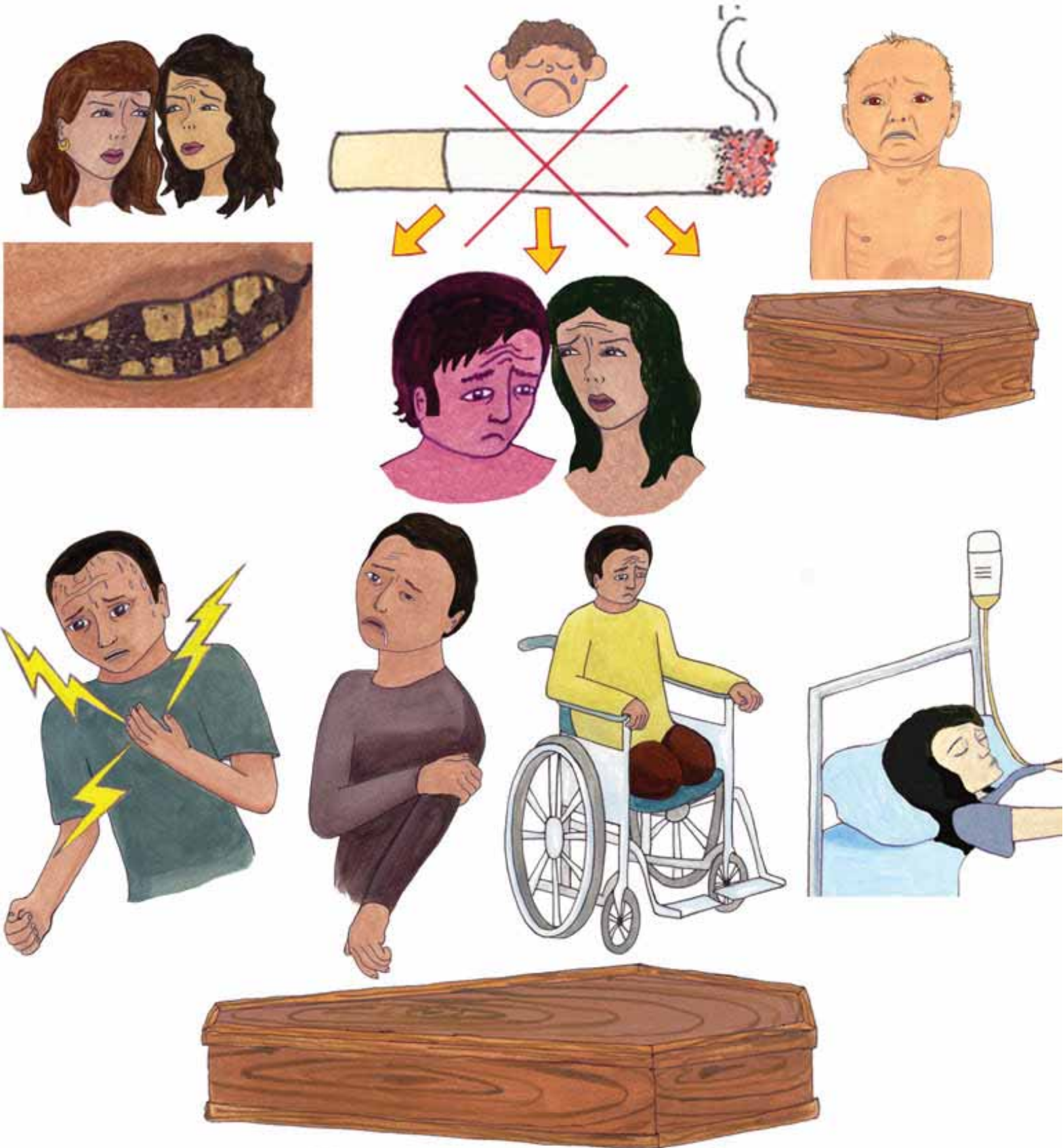


世界卫生组织适当身体运动的五大要点



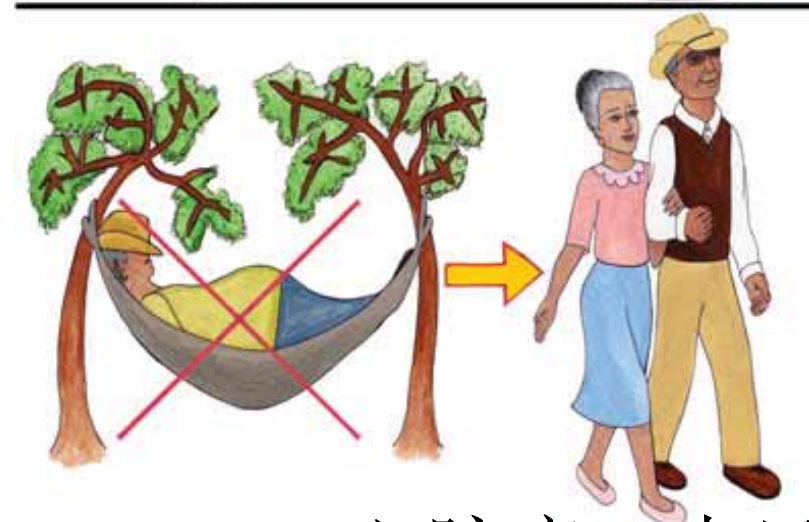
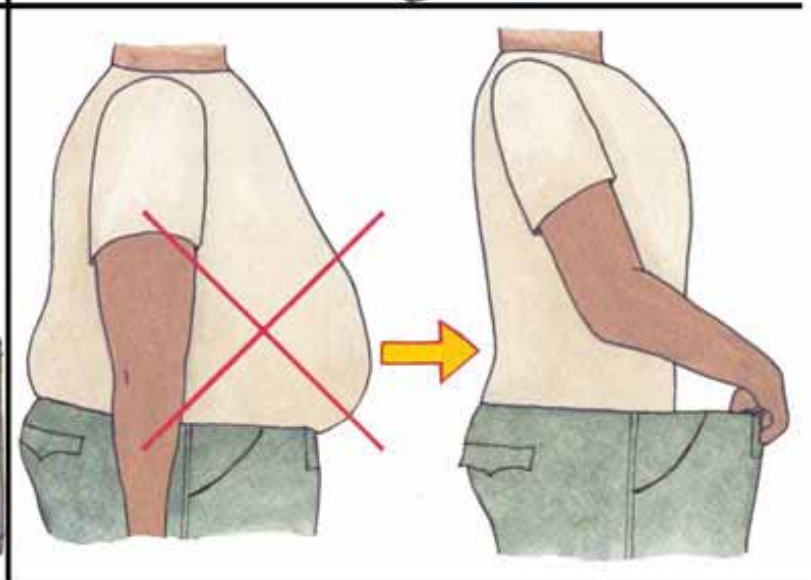
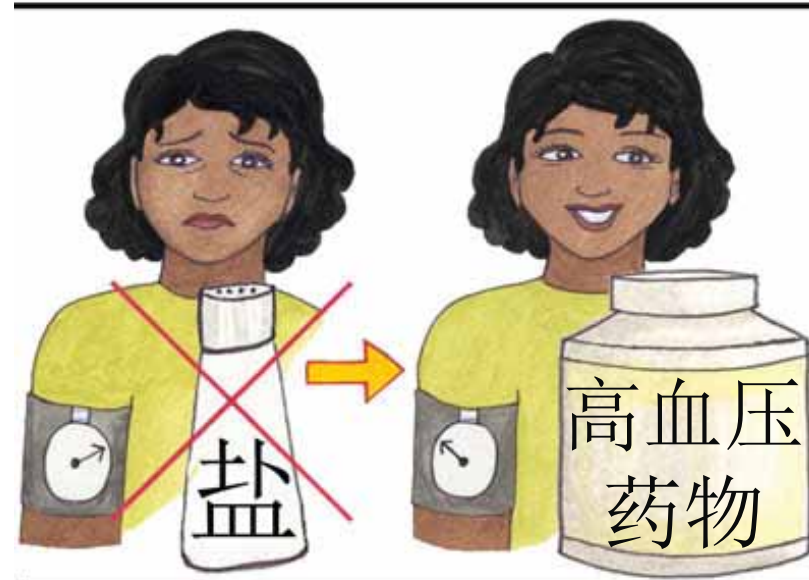


40. 骨质疏松症

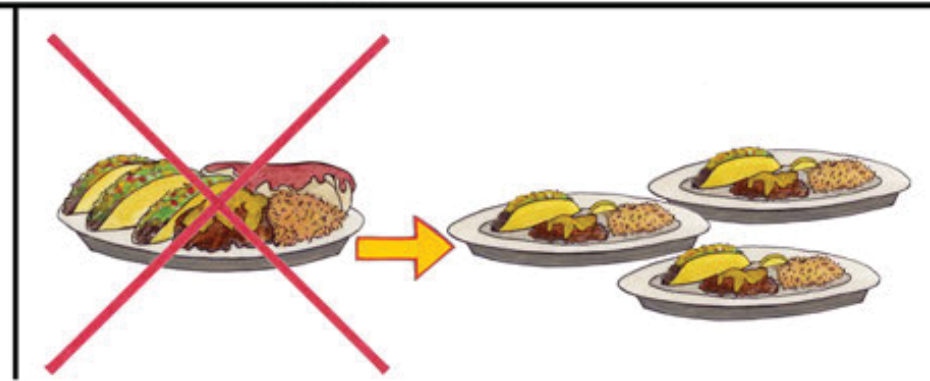
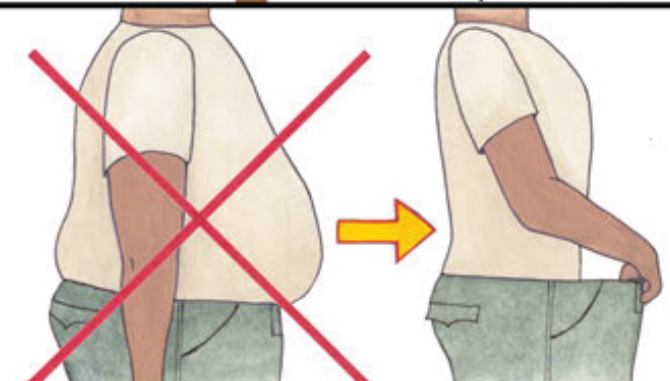
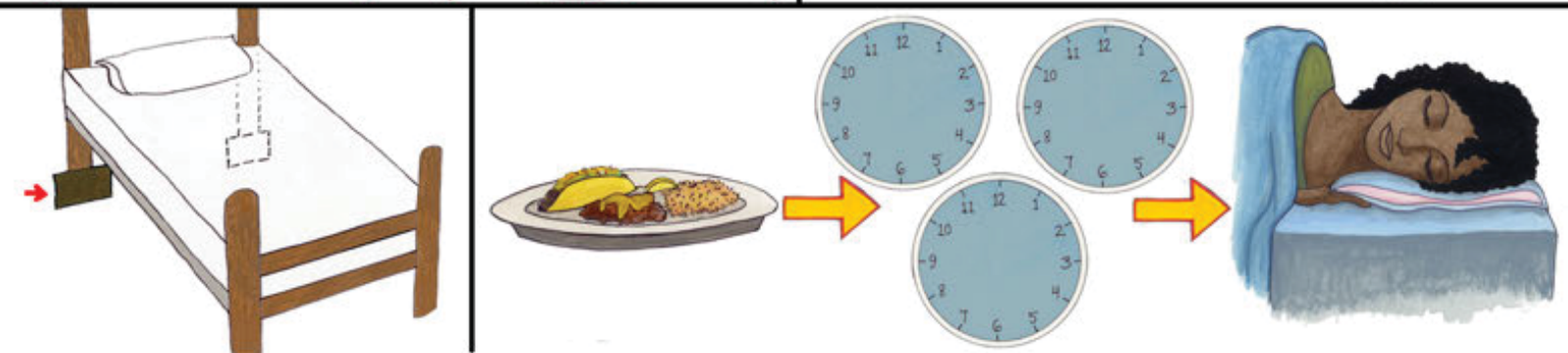


5,000,000

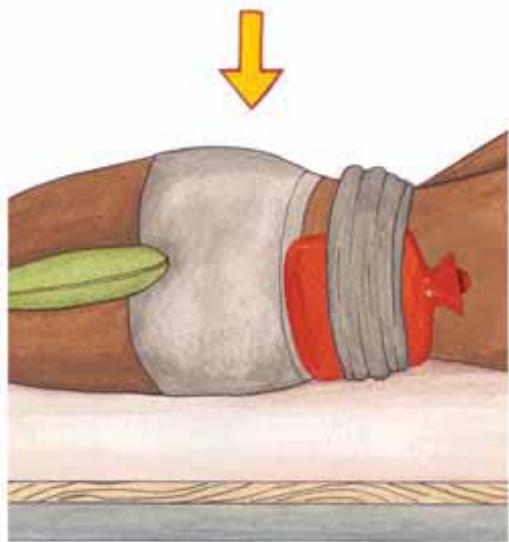
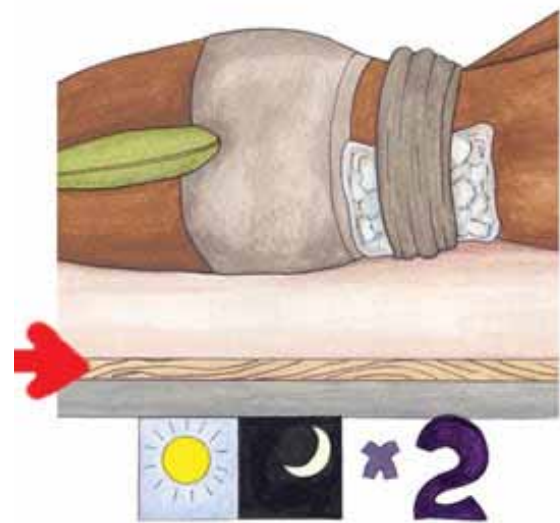
41A. 心脏病，中风，癌症，糖尿病，老年痴呆与其他非传染性疾病



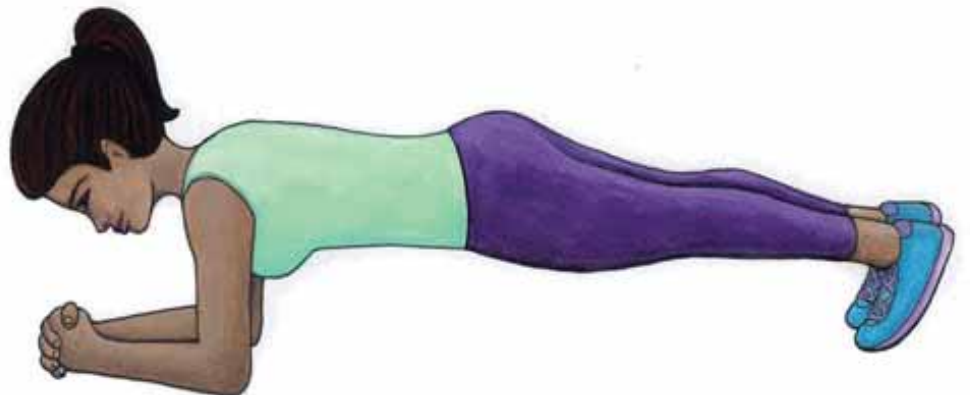
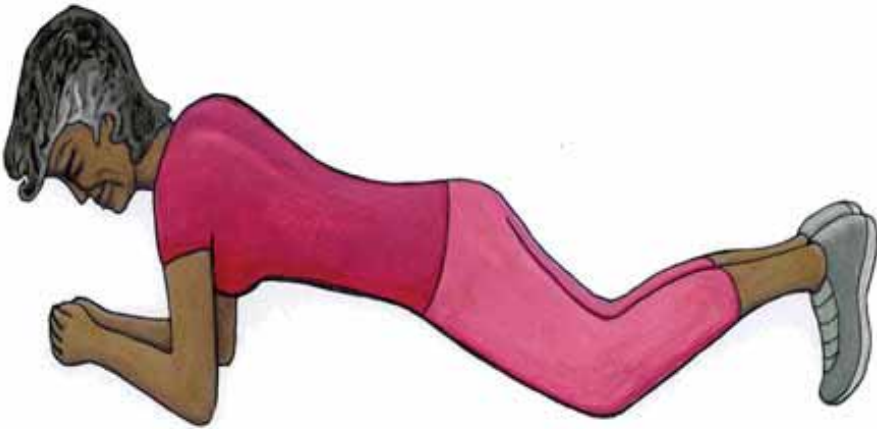
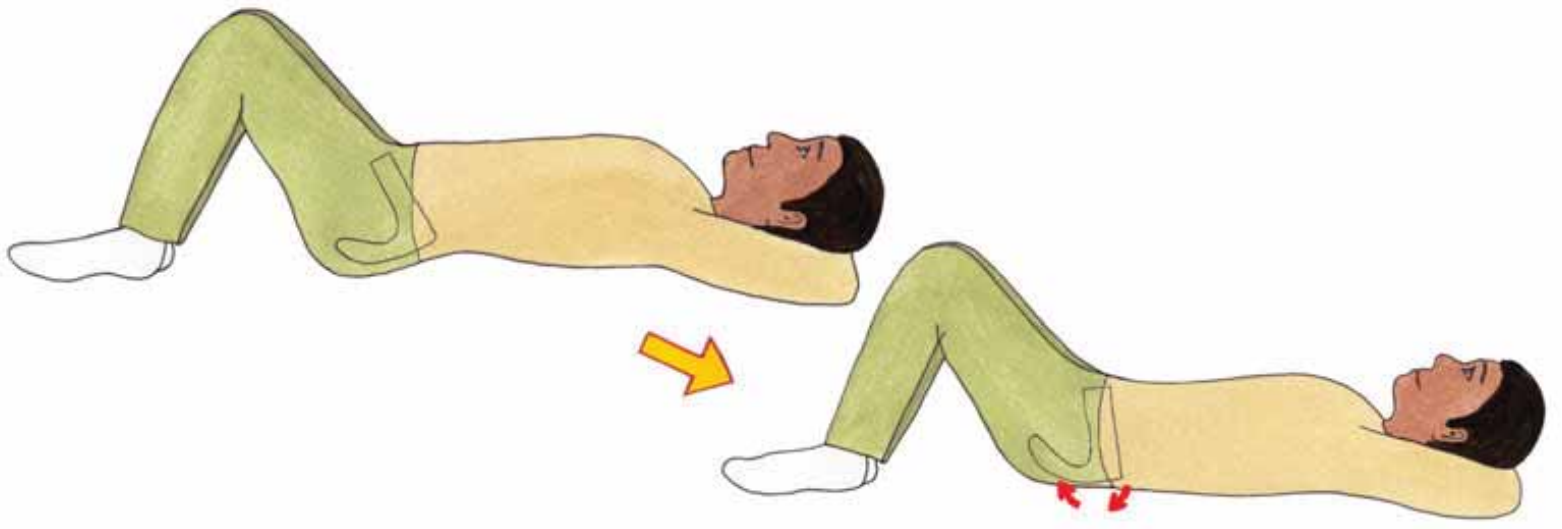
41B. 心脏病，中风，癌症，糖尿病，老年痴呆与其他非传染性疾病（续）



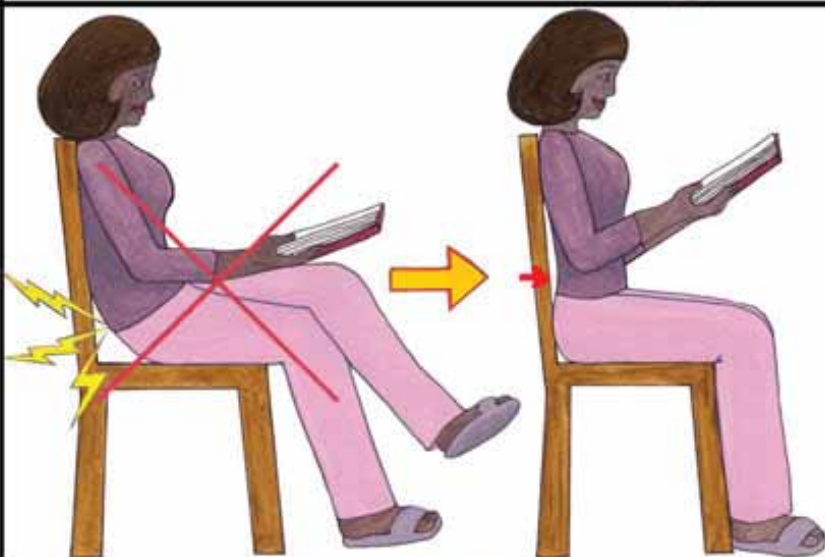
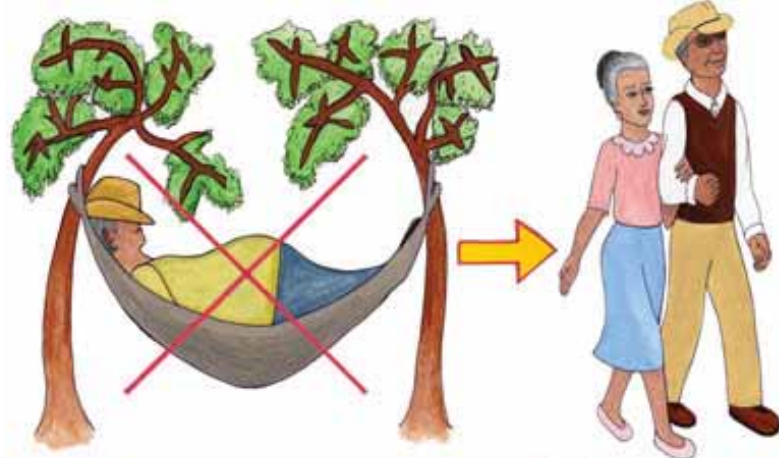
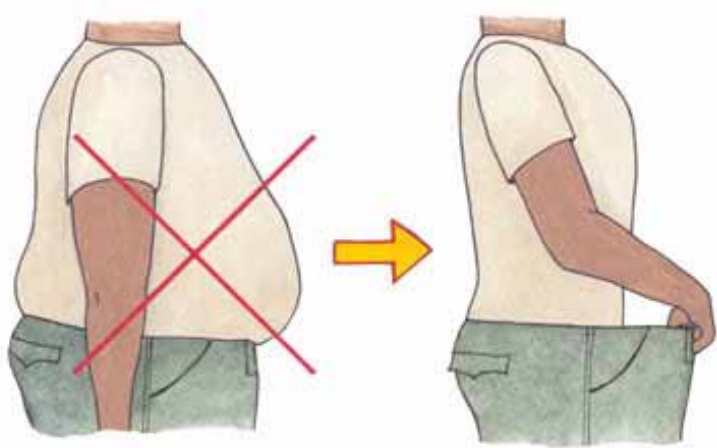
42. 胃酸倒流症



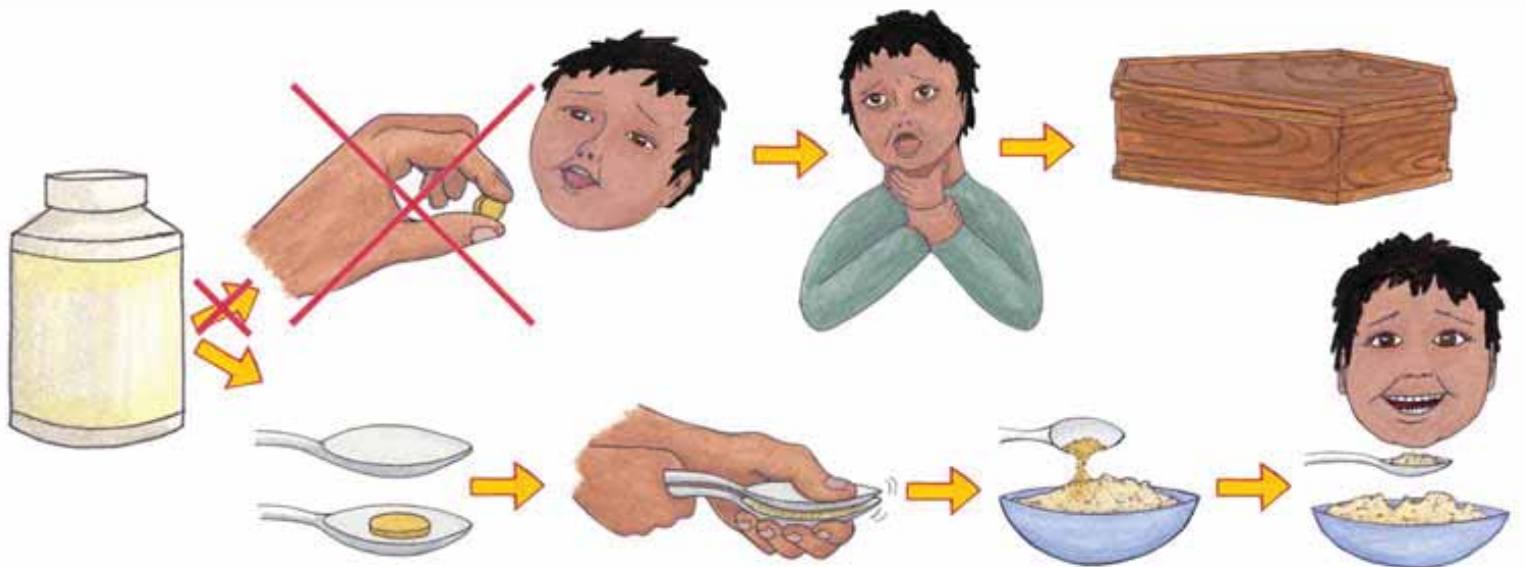
43A. 背痛



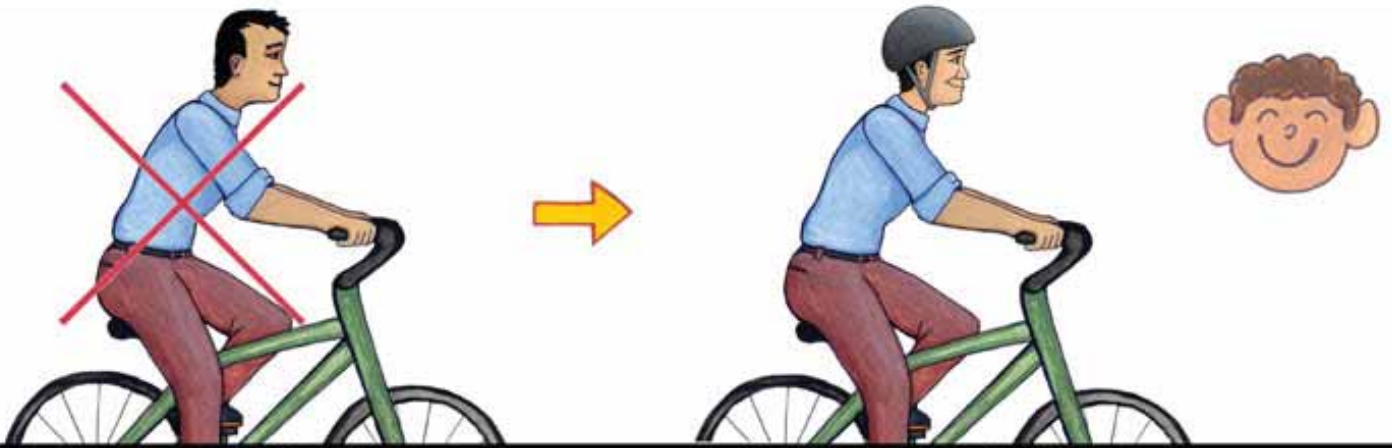
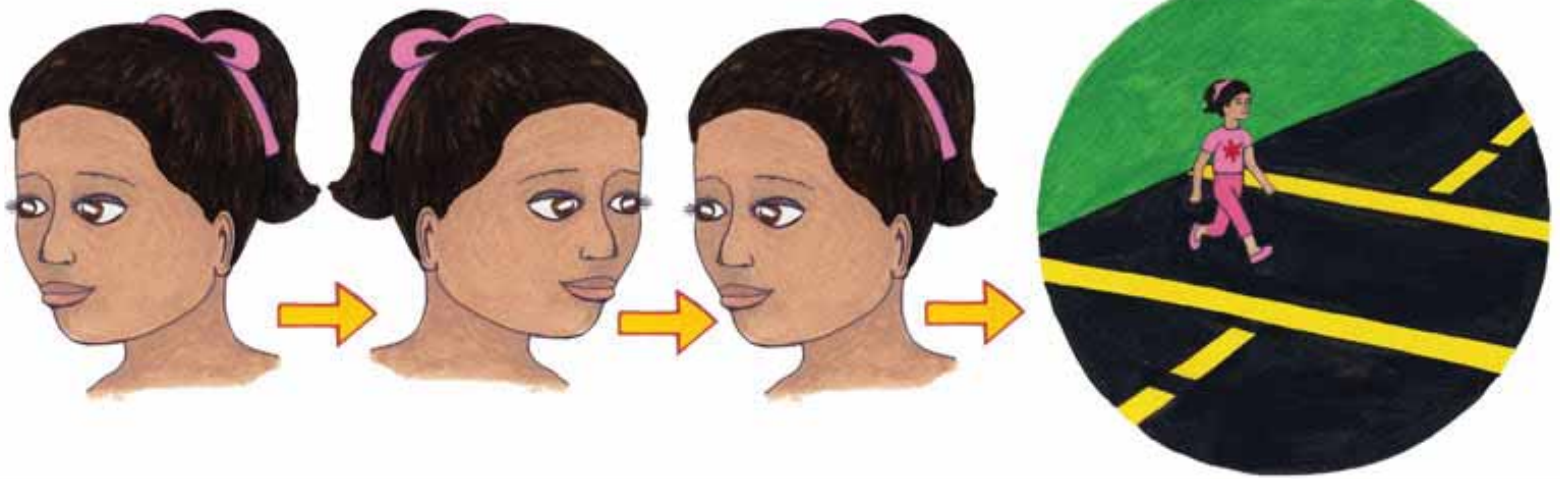
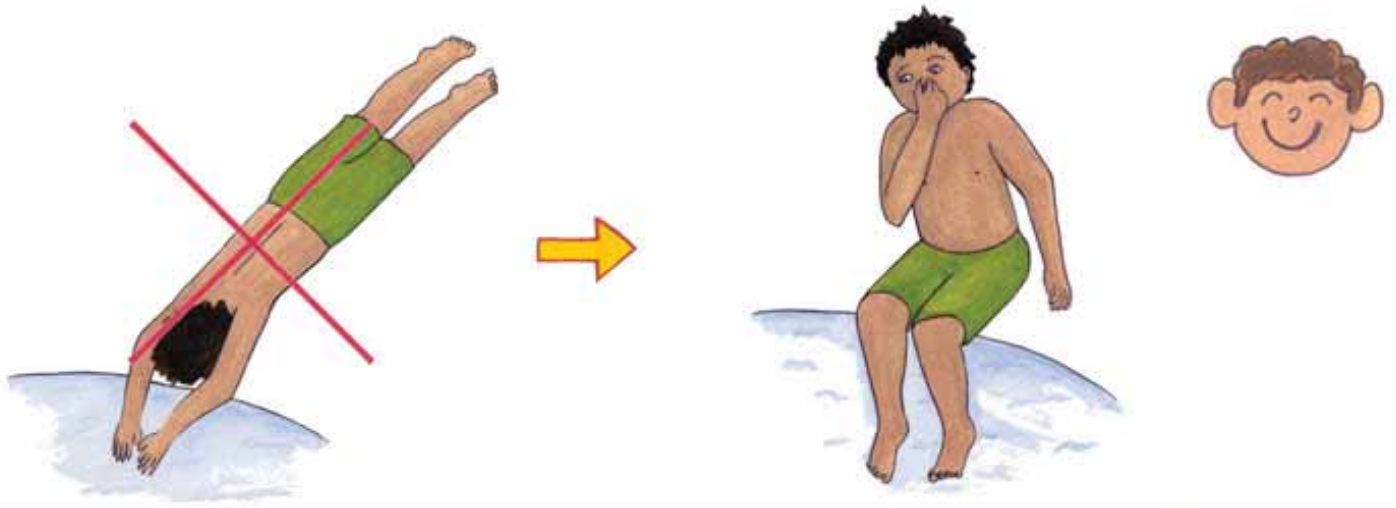
43B. 背痛 (续)



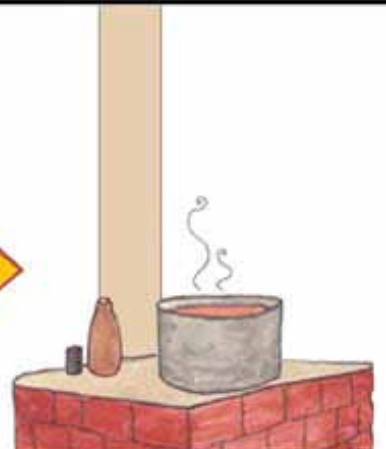
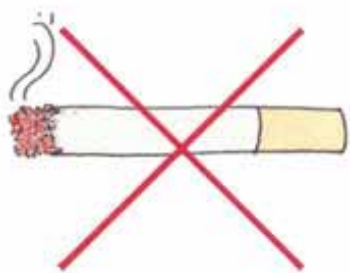
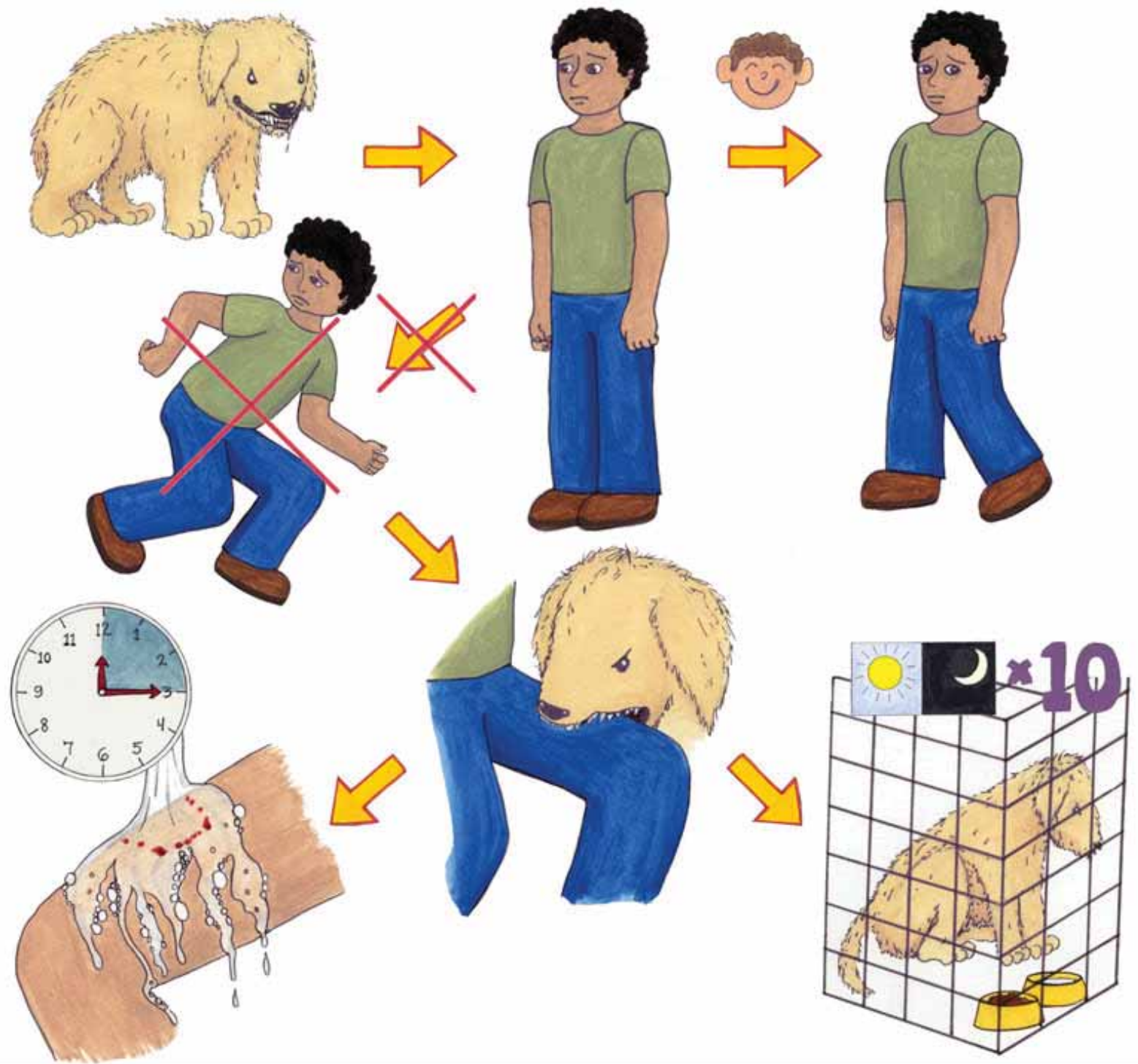
43C. 背痛的预防



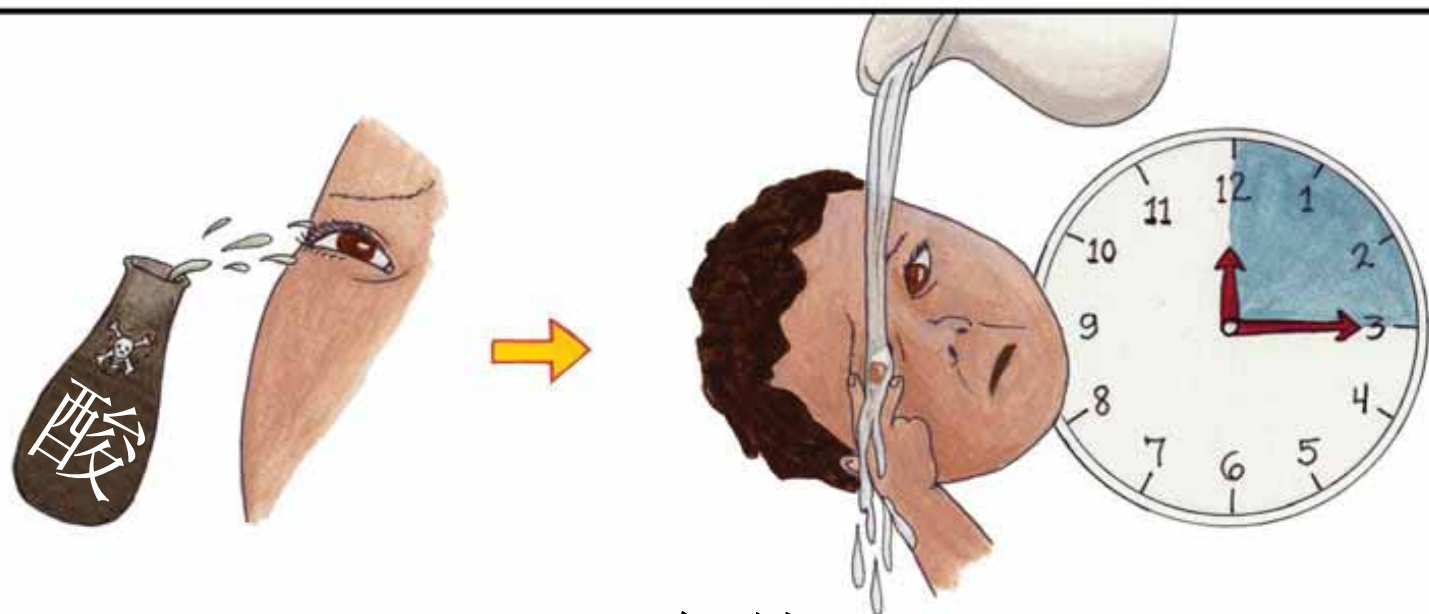
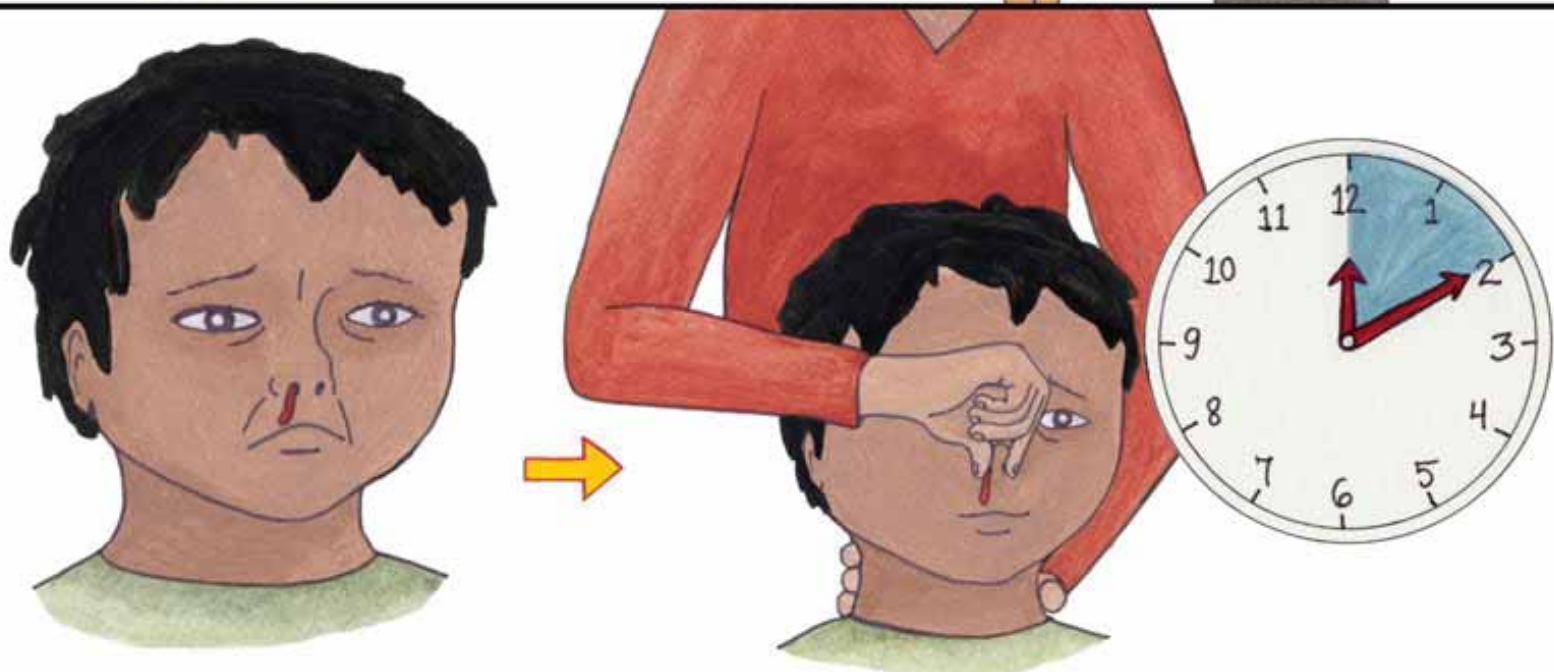
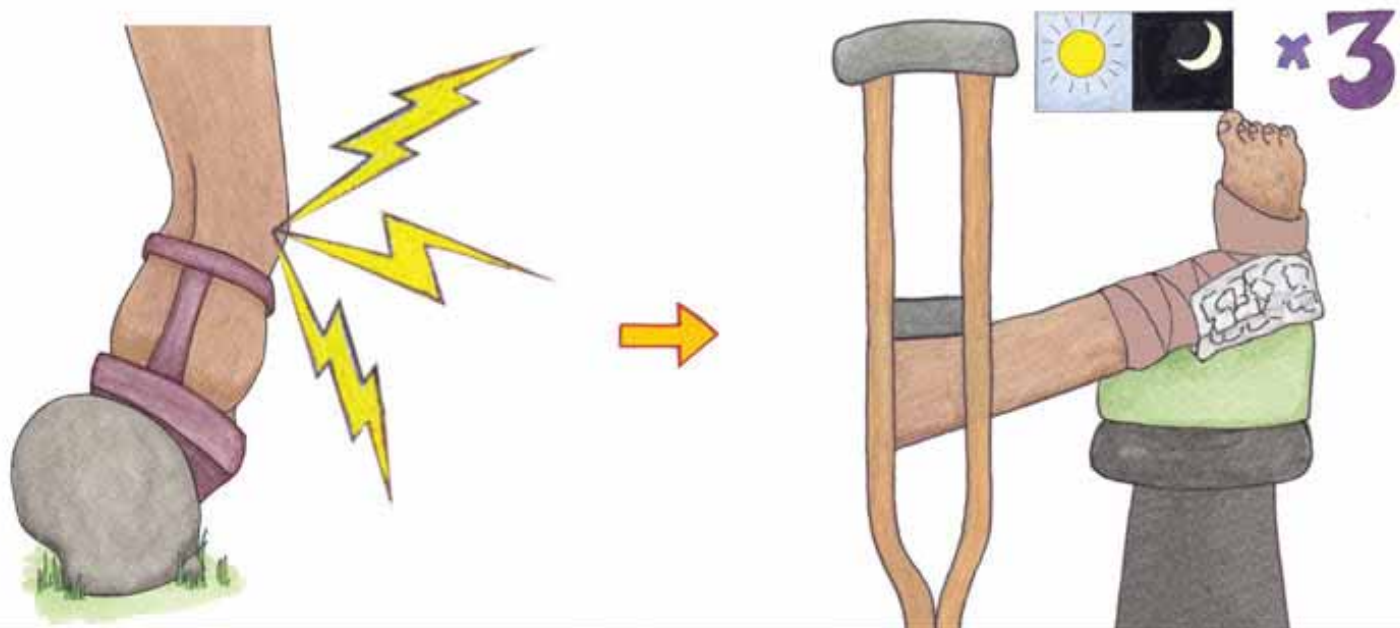
44. 避免婴幼儿意外事件



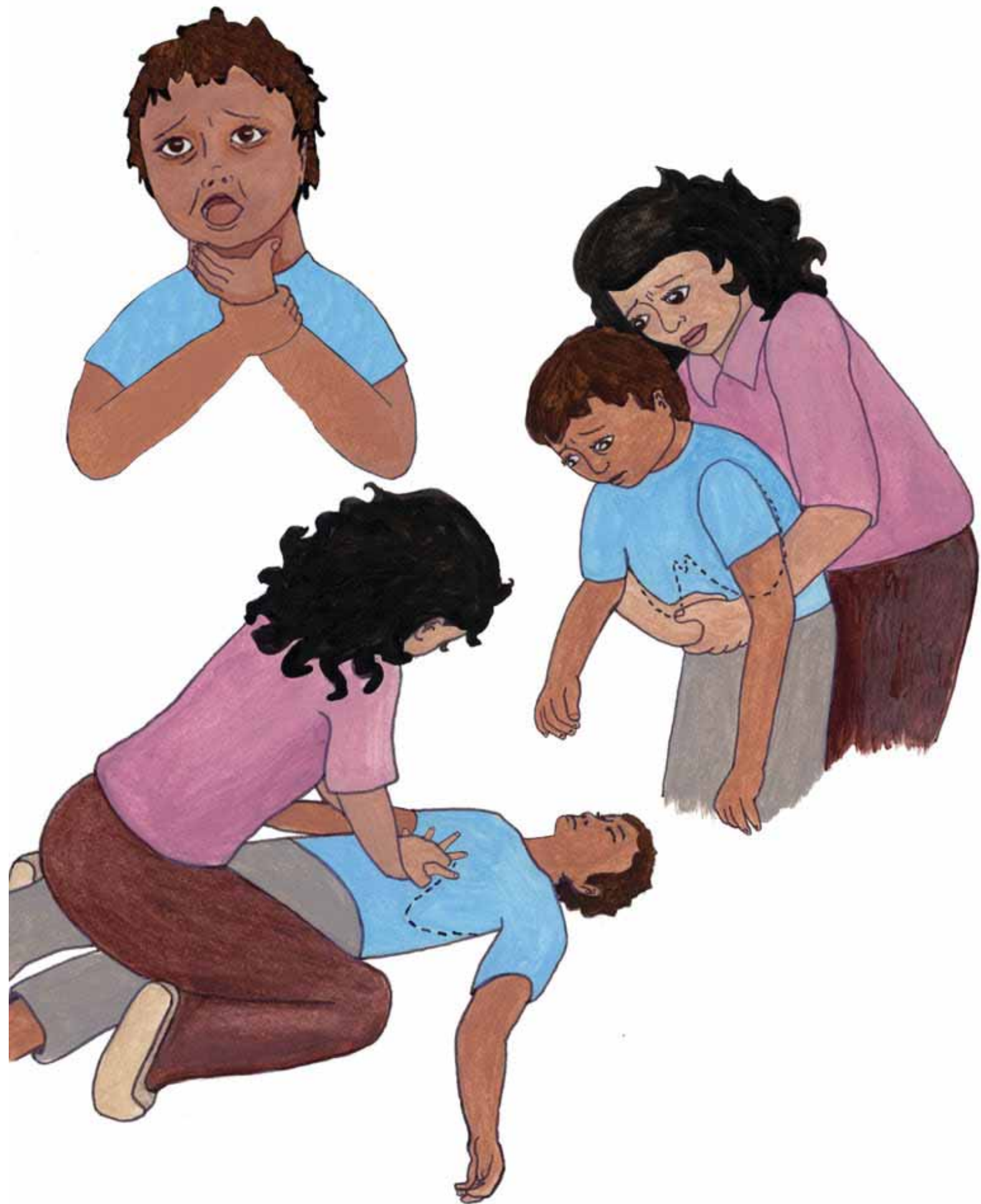
45. 溺水、跌落、交通事故



46. 狂犬病、室内烟雾



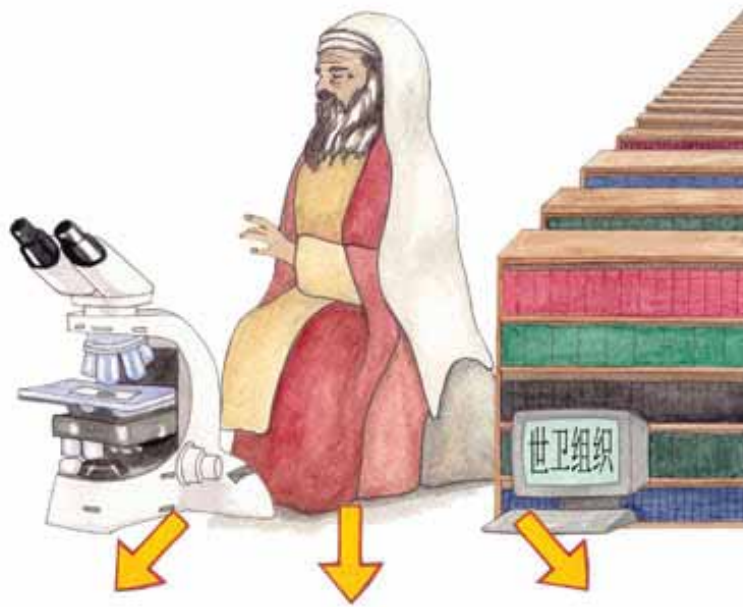
47. 急救



48. 窒息急救：腹推式（海姆利克氏急救法）



49. 从灾难及其它创伤中恢复



50. 总结—最重要的知识 (概要)